Toronto metro

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TEACH COLLEGE KIDS ABOUT MONEY, NOT JUST BOOKS
metroLIFE

TODD KOROL/TORSTAR NEWS SERVICE

LABOUR DAY

'The new reality of work'

The fraying boundaries of the eight-hour shift
metroNEWS

TORONTO CARES

metro The Syrian Crisis

Hundreds in the city offer to help stricken refugees

Gilbert Ngabo
Metro | Toronto

The people of Toronto have responded to the latest Syrian refugee crisis with an outpouring of support, says a local group coordinating sponsorship efforts.

"People sort of felt helpless before this, and now they know there's something they can do to help," said Alexandra Kotyk, project manager of Lifeline Syria.

"A lot of people identify that they have children themselves, so they feel they should be helping other children. That picture — of three-year old Alan Kurdi — really touched them."

Private individuals, local politicians and religious groups have taken to social media, community meetings and the Internet to mobilize efforts to sponsor Syrian families trapped in the ongoing conflict in the Middle East.

Mayor John Tory is one of hundreds of Torontonians who have reacted swiftly, joining a group of sponsors and urging the city's residents to help out.

Emails and messages of support and commitment kept flowing in over the long weekend, and the group's website saw more than 100,000 hits over the last five days.

Lifeline Syria's hope for resettling at least 1,000 Syrian refugees in the GTA over the next two years has grown, said Naomi Alboim, a member of the executive committee.

"I have no doubt that we will get lots of people coming forward and wanting to help," she said, adding the group is currently too busy to keep count of how many potential sponsors have come forward.

The question, however, is whether the government will respond in time, and ease up some of the paperwork required for sponsorship, Alboim said.

Lifeline Syria would like the government to allow groups of five individuals to sponsor refugees rather than have to go through sponsorship agreement holders.

The group would also like access to cases of refugees from the UN Refugee Agency to match with sponsoring groups, rather than have to initiate and look for refugees to sponsor.

And, of course, the group would like to expedite the sponsorship process.

"The process that's in place now is very complicated, very complex and much, much more so than it used to be," Alboim said, lamenting the much-criticized application processing times, which can take months or even years.

A boy arrives with others at Lesbos, Greece, on Monday, which has been transformed by 20,000 refugees, mostly from Syria, Iraq and Afghanistan. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Four pages of coverage inside

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Zimbabwe cools off on extraditing killer of Cecil the lion **World**

The Japanese retailer is to open up. TORSTAR NEWS SERVICE

MISSISSAUGA

Make way for MUJI

Luke Simcoe
Metro | Toronto

MUJI is coming to Mississauga.

The Japanese retailer — known for its minimalist take on everything from clothing to furniture and stationery — has announced plans to open a store at Square One in November.

MUJI opened its first Canadian outlet last winter near Dundas Square. According to Retail Insider, the Square One location will be larger, and will feature an expanded furniture section as well as children's clothing and even food.

The company, whose name translates to "no brand, quality goods," has plans to open eight additional stores in Canada over the next five years, starting in Vancouver.

One of MUJI's rivals, Japanese clothing chain Uniqlo, is also planning to enter the market in Canada, with stores in Yorkdale Mall and Eaton Centre planned for 2016.

T.O. restaurants say app 'ripping off' customers

FOOD DELIVERY

U.S.-based company snubbed for name-dropping

Jessica Smith Cross
Metro | Toronto

Favour's delivery people, called runners, are recognizable by their tuxedo T-shirts. Several Toronto restaurants have accused the U.S.-based food delivery company of marking up their prices. CONTRIBUTED

Several prominent Toronto restaurants have cut ties with an "arrogant" U.S.-based food delivery company, after it put their menus on its app without permission.

When courier company Favour launched in Toronto in August, it announced it would be delivering food from popular local restaurants — specifically naming Khao San Road, Burrito Boyz and Pizzeria Libretto.

When Khao San Road owner Monte Wan found out his restaurant was named-dropped in Favour's press release, he had never heard of the company.

"They had zero contact with me prior to launching," he said.

When he looked on the app, he found his menu, but the prices were inflated. Curries that cost $15 were listed at $17.

"You are ripping off my customers and using my name to do it. I was very unhappy," Wan said.

Wan took to Twitter last week, accusing Favour of "leveraging others' popularity" and adding "ridiculous markups" to his food.

Favour responded, claiming the price issue had been "an honest mistake."

Wan asked Favour to take down his menu and said he won't accept any deliveries from Favour "due to their arrogant" management.

The move sparked a social media pile-on , as other restaurants, including Pizzeria Libretto and Porchetta and Co., quickly condemned Favour and asked for their menus to be removed from the app.

Keith Duncan, Favour's senior vice-president of sales, explained the company had added the restaurants menus to its app in order to attract customers.

"It is about building supply and demand in the marketplace, and making sure that we actually have consumers using our app," he said. "We were just using content we found using services like Yelp, to find some of the key merchants in the marketplace that consumers potentially would be interested in."

Duncan said the company did the same thing in all 13 American cities in launched in, and never had a problem.

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RETAIL

Business as usual for some T.O. stores

Neil Creighton was pleased that the Longo's Maple Leaf Square store in downtown Toronto was open Labour Day, because he was able to buy extra food for a barbecue with friends.

"Being able to zoom in and get some stuff — it's really convenient. For me, as a consumer there isn't a downside, truly there isn't," said Creighton, 37, who lives in the neighbourhood populated by condos.

"I love it, who wouldn't?" said Linda McCallum, another local resident who got her grocery shopping out of the way early in the morning.

But as both shoppers also pointed out, it may not be so great for those who have to work on public holidays.

Whether retailers should be allowed to open holidays is a question that never seems to go away in Toronto.

Longo Brothers Fruit Markets Ltd. is only the most recent retailer to win an exception to the municipal bylaw that requires most retailers to remain closed on nine public holidays.

The best-known exception to the city bylaw is probably Toronto Eaton Centre, which was packed with back-to-school shoppers this weekend. It's exempt because it is a designated tourist attraction, and closes only one day a year: Christmas Day.

Sherway Gardens and Yorkdale were closed on Monday. So was the Sobeys closest to Maple Leaf Square, while Longo's was doing brisk business.

The issue is headed for debate once again on Sept. 30, when the city solicitor is scheduled to report on the impact of the recent court ruling.

Unifor, Canada's largest private-sector union, has said it plans to fight attempts by retailers to open on holidays.

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Firefighter Greg Haley marches during the annual Labour Day parade celebrating the strength and solidarity of workers in Toronto, Monday. TODD KOROL/TORSTAR NEWS SERVICE

8-hour day under fire

LABOUR

Modern life means more job hours for many workers

Asked to share his thoughts on the eight-hour workday, that mainstay institution of working life in Canada, Matthew Sartori, 25, let out a soft chuckle. What eight-hour workday?

His reality as a production assistant in the film industry means he bounces between employers and typically puts in 13 or 14 hours per day, while being paid for only 12.

"I guess I consider this paying your dues, but I don't know when it's going to end," he said, seated on the stoop of a Queen Street West storefront as the revelry of the annual Labour Day parade swept past.

> **"I'm not exactly happy about it, but I'm young.**
> Matthew Sartori, 25

The annual show of workers' solidarity has its origins in the 19th century push for a regimented and predictable nine-hour workday. By the time Labour Day became a national holiday in 1894, laws were in place to institutionalize the eight-hour work day.

More than 120 years later, however, working life has changed dramatically. Smartphones herald emails and communiqués at all hours, while the punch-in-punch-out rhythm of shift work has waned with the loss of manufacturing jobs in places like Ontario. An average worker spends 50.2 hours per week carrying out "work-related activities," and 54 per cent of 25,000 Canadian employees in a work-life balance study said they spend time at night and on weekends to fulfil their job requirements.

The defined boundaries of the workday, in other words, appear to be fraying.

Leaning against a brick wall near Queen Street West and Bathurst Street, a financial analyst watched as rock bands performed on stages dragged by semi-trucks, and rows of ironworkers in camouflage T-shirts marched to the pace of three kilt-clad bagpipers. He said he usually works between eight and 10 hours per day, and as a salaried employee, he pretty much stays at the office until his tasks for the day are done.

"It's an ebb and flow type of thing," he said, declining to provide his name out of concern for speaking about his employer.

"I wouldn't say we're pressured, but there is a certain expectation that when you need to stay late, you stay late … It is what it is — kind of the new reality of work."

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One of Toronto's 2,300 crosswalk buttons. LIZ BEDDALL/METRO

Intersections aren't all a walk in the park

metro EXPLAINS

Luke Simcoe
Metro | Toronto

Ever wonder what happens when you push the button at a crosswalk? Or why some lights seem to change instantly, while others will leave you waiting to cross for what seems like an eternity?

(Spoiler: In Toronto, that eternity is probably only about two minutes.)

Metro spoke with Linda Lee, a supervisor with the city's Traffic Management Centre, to get the skinny on what exactly "push to cross" means.

According to Lee, Toronto has about 2,300 controlled crosswalks. Of those, 70 per cent are what's known as "semi-actuated." Typically found at the intersection of a major thoroughfare and a residential street, these signals only change when a car pulls up or when a pedestrian pushes the crossing button.

Depending on traffic volumes, Lee said you can expect to wait anywhere from six seconds to two minutes for the signal to change once the button's been pressed.

Once the walk light is on, the amount of time you have to cross depends on the size of the intersection. Generally speaking, Lee said pedestrians are assumed to be travelling at around one metre per second.

Amusingly, about 10 per cent of crosswalk buttons in Toronto don't have any effect on traffic signals at all. At these "fixed time" intersections, Lee said the buttons are only there so pedestrians with visual impairments can activate the audible crossing signal.

One in three crosswalks in Toronto are equipped with accessible audio signals, Lee said. The signals make a "cuckoo" noise for north-south crossings and a "chirping" sound for east-west ones, said Lee.

COUNTDOWN

Most crosswalks are equipped with a countdown, showing how much time is left before a signal change. However, just because a countdown is visible doesn't mean the light is going to change.

At the end of the countdown, some crosswalks will simply reset if no one has hit the button.

Fan Expo shows sign of respect for consent

COSPLAY

Convention takes action to protect those in costumes

Vanessa Jensen, dressed as Superwoman at Toronto's popular superhero exhibition. Some attendees have complained of unwanted touching and photography at the event, which can hinder the typically positive and welcoming experience. MARTA IWANEK/TORSTAR NEWS SERVICE

Stormtroopers, Sailor Moons and Wicked Witches of the West are common sights at conventions like Fan Expo Canada.

What's not so common is the sign reminding people to keep their hands off costumed attendees, known as cosplayers, and ask permission before snapping photos.

For the first time in its 21-year history, Toronto's proudly geeky pop culture convention posted a sign reminding patrons: "Cosplay is not consent."

"Please keep your hands to yourself," the sign read. "If you would like to take a picture with or of another fan ... always ask first and respect that person's right to say no."

Though organizers said Friday they were not aware of any sexual harassment reports made at the convention, it's a common concern for some convention-goers.

"For sure. I've had it happen to me," Sam Maggs, the Toronto author of The Fangirl's Guide to the Galaxy, told Torstar News Service.

"I had a guy grab my butt once when I was in costume," she said. "I turned around to confront him and he tried to be like, 'Ew, I'm not into you anyways; I wouldn't do that.' He can't even apologize!"

Maggs has cosplayed at conventions across North America, and though she says everyone has a story similar to hers, it's not what defines the experience.

> **Many more young women are sensitized and aware of these issues in a much broader way.**
> Prof. Susan Knabe

"The majority of interactions at these conventions are so positive and so great," she said. "I think it's equivalent to the real world, where 99.9 per cent of the time things are great, but there's always that one per cent of people that always have to ruin the party."

Similar signs have cropped up at conventions across North America, including New York Comic Con and Fan Expo Dallas.

Organizers of Toronto's expo, which wrapped up a four-day run at the Metro Toronto Convention Centre on Sunday, say it's a sign of the times, but not a political statement.

"I think it's a movement within the convention world right now," said the show's director, Andrew Moyes. "It's a heightened environment. People are excited and sometimes boundaries can be blurred. It's helpful just to have a few pieces around the event that ... shape expectations and help everyone navigate their experience."

Discussions about consent and victim-blaming are a movement outside the convention world, too.

Ontario's new sex-ed curriculum includes lessons on consent in the primary grades.

And the international Slut Walk movement, which started in Toronto in 2011, has spawned marches from Europe to Asia to Latin America with the rallying cry that harassers, not a victim's clothes, are to blame for sexual harassment.

Sam Maggs KRISSY MEYERS

Prof. Susan Knabe, who teaches both women's and media studies at Western University, says the wider society is picking up on the importance of these issues.

"Before, people would find their way to (women's studies); now they're coming to seek us out." TORSTAR NEWS SERVICE

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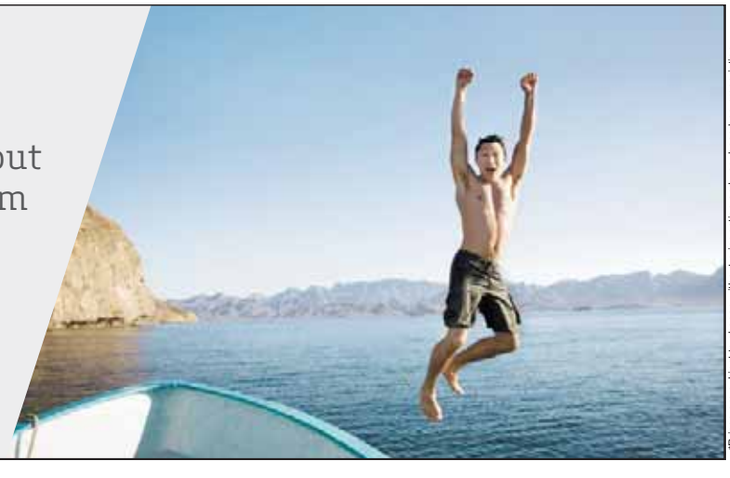

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East-end youth shelter to close

HOMELESSNESS

Financial woes to blame for shuttering of 60-bed refuge

Scarborough's only youth shelter is closing due to financial troubles.

The 60-bed Second Base Youth Shelter at Kennedy Road near Eglinton Avenue East, stopped taking new residents at the end of last month and will close Oct. 20, said board chair Sherwin Modeste.

"It was not an easy decision," he said. "For me, I feel really bad. But I know we have done everything in our power to save it."

Second Base, which opened in 1993, is the second largest youth shelter in the city. However, it has been struggling financially for several years with variable occupancy, higher-than-average staff salaries and high energy costs for the building, Modeste said.

"It's a combination. No one thing would save it at this point," he said. "At the end of the day, the city doesn't pay for empty beds."

The shelter, which opened in 1993, needs to fill 57 beds a night to break even, but the average occupancy last year was just 42, Modeste said.

Sarah Barker of Eva's Initiatives, which runs two youth shelters in North York as well as a transitional housing program downtown, said losing Second Base will put more pressure on agencies struggling to serve homeless youth aged 16 to 26.

"You don't want youth going to an adult shelter. The needs they have are very different," Barker said.

Research shows that if agencies like Eva's and Second Base are able to help a homeless youth find housing within two years, they are less likely to end up back on the streets, Barker said.

The city has been trying to help Second Base for the past 18 months, said a spokesman for Ward 35 Scarborough Southwest Coun. Michelle Berardinetti.

> **It's a combination. No one thing would save it at this point.**
> Sherwin Modeste, board chair

"Frankly, we were as surprised as everyone when the board announced they were closing," said Micheal Giles, Berardinetti's executive assistant. "We are very concerned about this loss of service."

The city's shelter support and housing division funds homeless shelters based on nightly bed occupancy and had budgeted $1.38 million for Second Base this year, and almost $9.5 million this year to fund 415 beds in 10 youth homeless shelters across Toronto, a city report states.

On an average night in Toronto, an estimated 2,000 youth are homeless, including those in shelters, couch surfing or sleeping outside. TORSTAR NEWS SERVICE

A new community project illustrates how the neighbourhood near Danforth and Victoria Park has changed since it was founded. CONTRIBUTED

CRESCENT TOWN

Mural chronicles local history

Gilbert Ngabo
Metro | Toronto

Walking around Crescent Town just got a little more beautiful thanks to a new mural depicting the neighbourhood's past and present.

A group of artists teamed up with volunteers from the local community to paint a two-metre tall, 54-metre long mural in the neighbourhood near Danforth and Victoria Park.

Dubbed "Tempo, Toil & Flow," the mural gives a bird's eye view of the area formerly known as the Borough of East York. The artists tried to capture the rich history of the neighbourhood.

"People always come and ask us, 'What about those cows?'" said Elie J. Saad, a Toronto fine art instructor who was the project's supervisor and lead artist. "Many of the current residents have no idea of the place's history."

The artists want viewers to discover how the neighbourhood has evolved and grown to what it is today: a vibrant multicultural community. Most current inhabitants are of Bangladeshi descent, but there also Middle Eastern, African and Caribbean communities in the area, Saad said.

Funding for the painting came from the city's Street Art program.

"It definitely looks so much better than just a grey wall," he said jokingly.

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5 THINGS TO LEARN FROM HISTORIC SCHOOL BUILDINGS

As students return to the classroom tomorrow, we take a look at five establishments that once served the pupils of Toronto's past.

LIZ BEDDALL METRO

1 Enoch Turner Schoolhouse

Located on Trinity Street at King West, the Enoch Turner Schoolhouse was established in 1848 as Toronto's first free school, offering education to the children of the area's many poor immigrants for 10 years. The building closed as a school in 1859, and has held many roles over the years including a war recruitment centre and a soup kitchen. The heritage building is now a museum and is used for a variety of events.

2 Shaw Street School

Artscape Youngplace was formerly the Shaw Street School — constructed in 1914 and used as an educational establishment after the First World War. After a $17 million transformation of the building in 2013, the space opened as a community cultural hub in Toronto's West Queen West neighbourhood housing artists and art-related organizations.

3 Loretto Abbey Day School

Founded as a private school by the Sisters of the Institute of the Blessed Virgin Mary, this schoolhouse opened its doors to 200 pupils in September of 1915 and provided education for thousands of Catholic girls over the years. The structure was converted into condominiums in 2007 after the Loretto Sisters, from Ireland, sold the now-designated heritage site.

4 University of Trinity College

Although the majestic institution no longer exists, this campus of the past is visited by young Torontonians as ever. The University of Trinity College was located on the site that is now **Trinity Bellwoods Park** between 1852 and 1925, at which time it was moved to a new site on the Queen's Park campus and eventually demolished in 1956. The original gates of the school, erected in 1903, stand now at the entranceway to the park.

5 Carleton Village Public School

The original architecture of the iconic west-end public elementary school, built in 1913 at the corner of Davenport Road. and Osler Street, was preserved when the building, vacant for some time, was transformed into the **Toronto Police Division 11** headquarters in 2011.

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EDUCATION

Classes resume amid disputes

Ontario schools resume this week in a more stable state than when they closed in June amid the threat of massive teachers' strikes, but it will not be entirely problem-free with work-to-rule campaigns and controversy over a new sex-education curriculum lingering.

Over the summer the Liberal government was able to negotiate contracts with high school teachers and English Catholic teachers, but deals with the Elementary Teachers' Federation of Ontario, Francophone teachers and education workers are still outstanding.

Elementary teachers will not be planning fundraising activities or field trips or attending open houses after regular school hours.

The Canadian Union of Public Employees said the support staff it represents across all boards will be staging their own work-to-rule campaign. Staff won't be working through their lunches, taking work home or attending unpaid meetings, CUPE said. But they too have bargaining dates with the government — five so far over the next two weeks — and hope in that time they can reach a deal.

> **(The sexual education) part of the curriculum is very poisonous, is very dangerous.**
> Feras Marish

The last school year wrapped amid talk of all major teachers' unions being on some form of strike in the fall, but deals were recently reached with the Ontario Secondary School Teachers' Federation and the Ontario's English Catholic Teachers Association.

Where tensions don't seem to have eased is among parents upset by a new sex-education curriculum being implemented in schools this year.

Feras Marish, with Parents Against Ontario's Sex-Ed Curriculum, said over the summer parents belonging to his group have become more informed on the "dangers" of the curriculum.

"It started by being emotional, parents worried about their kids because the topic itself is taboo and it's known to be dangerous," he said.

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Local imam determined to 'clarify truth' of Islam

RELIGION

Author hopes to offer youths guidance

Gilbert Ngabo
Metro | Toronto

A Toronto imam says he couldn't stand the barrage of misleading information from Islamic extremist groups anymore.

Sheikh Abu Umar Abdul Azeez has just released a book tackling the theological interpretations of Islam that ISIL and other like-minded groups rely upon as justification for their heinous and barbaric acts.

"It's a religious duty," said Abdul Azeez, locally known for his passion of teaching and his emotional khutbahs — Friday sermons.

"As an Islamic scholar, you feel like you're obliged to clarify the truth. Those people ascribe themselves to Islam, but they are doing actions which are clearly against Islamic teachings."

The book, which he titled *The Authentic Islamic View on the ISIS Crisis*, is a wake-up call offering advice to everybody who might be influenced by, or just confused by, these groups and their messages, he said.

Sheikh Abu Umar Abdul Azeez of Toronto is the author of a new book attempting to correct the distorted image of Islam. CONTRIBUTED

"We've seen young men and women being deceived enough to go and join these groups, thinking they're doing a service to themselves and their religion," he said.

The imam said he was prompted to hurry up and write the book after noticing a sharp rise in attacks, physical or verbal, against Muslims. Innocent Muslims are being attacked, based on atrocious acts of very few people representing "probably less than one per cent of the Islamic population," he said.

"All these attacks around the world, committed in the name of Islam, need to be debunked," he said, adding parents whose children went to join the extremist groups are suffering.

"As someone who cares for the community and for my own parents, I would never want that to happen to me."

ISSUES

Some of the topics discussed in the book:

- Islam orders the killing of all non-Muslims: a claim Abdul Azeez said is very popular in the ISIL literature and on Internet. "This is what we call the lone-wolf attack. It's never been part of Islam to kill non-Muslims," he said.
- The correct understanding of jihad: This is another issue that is misunderstood and misinterpreted by ISIL fighters, Abdul Azeez said.
- The place and role of women in Islam: The book makes an attempt at debunking widespread theories treating and portraying women the wrong way.

metro The Syrian Crisis
The Stories

Fest puts focus on people

A Toronto film festival is bringing small stories about the Syrian crisis to the big screen.

Much of the discussion around Syria has focused on the sheer scale of the conflict. Eleven million people were displaced, over 200,000 killed.

Those are important numbers, but the organizers of the city's first Syria Film Festival want to tell the stories of everyday Syrians — stories like that of three-year-old Alan Kurdi, whose drowned body became a symbol of the tragic conflict last week.

"We want to use arts and films to portray the struggles of the Syrian people," said Maher Azem, the festival's coordinator. "You could say we are carrying all those stories of humanitarian efforts, heroism, sacrifice and creativity overseas across the miles to Toronto."

The festival will take place from Nov. 13 to 15 at the Art Gallery of Ontario. The lineup includes feature films, shorts, cartoons and documentaries from Syrian filmmakers.

Festival highlights include Growing Home, a documentary by Faisal Attrache that follows Samer, a displaced Syrian barber, who flees with his young family to a refugee camp in Jordan. Also featured will be Goal To Syria, a short animation by Amjad Wardeh that tells the story of a boy who survives the conflict and grows up to be a soccer star.

Organizers have launched a fundraising campaign to help run the event. To date, it's raised nearly $2,500. GILBERT NGABO/METRO

ELECTION 2015

Liberals' transit plan allows provinces, cities to allocate cash

Jessica Smith Cross
Metro | Toronto

Asked what his $20 billion transit funding announcement means for cities across Canada, Justin Trudeau's answer is, essentially, whatever they want it to mean.

Speaking in Richmond Hill Friday, Trudeau said a Liberal government will spend $20 billion over 10 years on transit.

Trudeau said he intends to negotiate bilateral agreements with the provinces that will allow them — and their municipalities — to choose what transit projects to invest in.

"One of the things that is very difficult for municipalities and provinces is the federal government has been tempted to cherry-pick among projects that it likes for political reasons, and not necessarily with the respect or partnership of the people on the ground who know what partnerships are actually needed," he said.

If the cities and provinces choose, the money can be spent on maintaining current systems rather than expanding transit networks, Trudeau said.

The cash will flow from the federal government as a predictable "regular stream," Trudeau said, and provinces will be able to budget accordingly. Any unclaimed money will go into the federal gas tax fund, which goes to municipalities for infrastructure, he said.

The money is to be spent across Canada, but, because bigger cities have a bigger need for transit, they'll see more of it, said Trudeau.

Justin Trudeau unveiled his party's $20 billion transit strategy in Richmond Hill on Friday. PAUL CHIASSON/THE CANADIAN PRESS

"This is such a significant investment. It means there are an awful lot of projects right across the country that are going to get the green light," he said.

Under Trudeau's plan, projects that already have federal funding — such as Toronto's Scarborough subway — will keep that funding, on top of any new cash drawn from the $20 billion.

And if the municipalities decide to change those projects — for example, from a Scarborough subway to an LRT — they'll still receive funding, Trudeau said.

BREAKDOWN

Comparing policies

At an average of $2 billion a year, the Liberals' plan is the most generous transit funding package offered by any of the three major parties during the election.

The Conservatives' plan requires cities to enter into private-public partnerships and will build up to $1 billion a year.

The NDP has promised $1.3-billion a year over 20 years.

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- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
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To be a citizen of no country

Jihad Al Mawed is in Edmonton is worried the Canadian government's denial of his refugee status could force him and his family to return to Syria. LIAM KAVANAGH-BRADETTE/ FOR METRO

metro The Syrian Crisis
The Tragedy

Crisis renders Syrian-born Palestinian man stateless

Tim Querengesser
Metro | Edmonton

In an Edmonton apartment echoing with the cellphone ring tones and Arabic greetings of his extended family sits Jihad Al Mawed, silently worrying about his wife and children in Dubai.

Al Mawed is a Palestinian, born in Syria, who's now been denied refugee status in Canada. But that's of less concern to him than what the decision could mean for his wife and five children back in the United Arab Emirates, all because of the war in Syria. "My family is in risk," Al Mawed says.

In March 2014, Al Mawed left Dubai for Edmonton to see his dying mother. He had lived in Dubai since 1987 as a temporary worker and his children were born there, but received no permanent residency.

He stayed longer than expected in Edmonton, however, as his mother, also a Palestinian-Syrian refugee, suffered for months before dying last June.

That extension spiralled into a dilemma. After just one month here, Al Mawed says, he was told he had lost his job driving a bus in Dubai.

For a UAE citizen, this would be an inconvenience; for a temporary UAE resident, however — in a nation that deports temporary workers regularly — he says the lost job could see his family deported back to Syria's chaos.

"I'm scared. My family is in risk. My visa (in UAE) is finished and now they will maybe send my family back to Syria. I'm scared my kids will be forced into the army and fight in the war. We don't want any part in the war. My home in Syria ... is already destroyed. I wanted to bring them to Canada."

Unlike most of the 12 million displaced Syrian nationals currently seeking asylum from their country's bloodshed, as a Palestinian refugee with Syrian documents, Al Mawed has even fewer options.

> **He's double discriminated (against) because He's a stateless Palestinian.... The truth is, nobody wants him.**
> Simon Trela, lawyer

Jordan now accepts Syrian refugees but often refuses Palestinian refugees.

The same anti-Palestinian policies, either overt or subtle, apply to several other countries as well, including Lebanon, which has accepted one million Syrian refugees. Al Mawed fears, any deportation from the UEA could see his family end up back in Syria.

As many in Canada are demanding their leaders act to help Syrians immigrate to safety, the many caveats Palestinians linked to Syria face are hard for even immigration experts to explain.

In March 2014, Al Mawed applied to be a refugee in Canada but was refused.

In July 2014, the Immigration and Refugee Board of Canada inspected his application and ruled he's not a refugee under its definitions and "not a person in need of protection."

In April 2015, his appeal was dismissed.

The first decision noted Al Mawed could not provide adequate proof he had lost his job in UAE. Next, the appeal refusal noted Al Mawed's family's fate in UAE cannot "be a factor in this decision."

The only recourse left to Al Mawed is a federal hearing, which was granted for this November.

Simon Trela, a lawyer with Tarrabain Raponi & Company in Edmonton, has been representing Al Mawed since his first application was denied.

Trela concedes the only evidence he has that Al Mawed has lost his job in Dubai is his client's assertion of that — and this is the central argument the Immigration Board has focused on.

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Tories dump a pair

ELECTION 2015

Embarrassing videos surface of Toronto candidates

The Conservatives stumbled as the federal election reached an unofficial milestone on Monday, dropping two candidates from their slate in the important battleground of the Greater Toronto Area after embarrassing videos surfaced in the mainstream media and online.

Jerry Bance, who was running in Scarborough-Rouge Park, was the first to go after reportedly being caught on camera urinating into a coffee cup while he was an appliance repairman.

The day got worse as Tim Dutaud, the candidate in Toronto-Danforth, was declared persona non grata by the federal party a short time later.

A Conservative official confirmed a man seen making prank calls in several YouTube videos — including one where he pretends to have a mental disability — is Dutaud.

Stephen Harper helps Saji Mangalathu prepare bags of curry leaves during a campaign stop in Toronto on Monday. ADRIAN WYLD/THE CANADIAN PRESS

The revelation came just before Prime Minister Stephen Harper said re-elected Conservatives would improve a federal disability grant program, one championed by Jim Flaherty, the late finance minister.

During a campaign stop in Mississauga, Ont., Harper tersely attempted to put the best spin on the losses when asked what the incidents said about the quality of candidates he was attracting.

"What this says is that we keep the highest standard for candidates and these two individuals are no longer candidates," said Harper, who later in the five-question availability indicated that the Conservatives would find replacements for both ridings.

Bance, who runs an appliance repair company, was bounced from the Conservative slate after the CBC reported its hidden cameras on the show Marketplace caught him urinating into a cup while he was on a service call in 2012. THE CANADIAN PRESS

BLUE JAYS

Party leaders agree to skip Jays games

Toronto Blue Jays fans can breathe a sigh of relief — the major party leaders have agreed not to attend any more games during the federal election campaign.

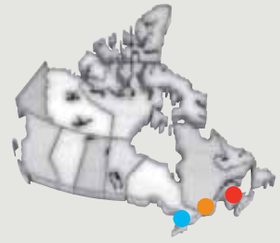
The Jays, who are battling the New York Yankees for top spot in the American League East Division, have lost games when Tom Mulcair, Stephen Harper and Justin Trudeau were in the stands.

After Friday's loss while Trudeau was in attendance, Mulcair tweeted: "Don't worry, fellow #BlueJays fans. @Justin Trudeau, @pmharper and I have a busy September and October lined up."

> **"I think we can all agree to watch the @BlueJays from the safety of the campaign buses."**
> Tweet from Stephen Harper

Trudeau responded Saturday on Twitter saying, "Ok @pmharper and @ThomasMulcair, let's make a deal. No more #BlueJays games for us during the campaign." THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Ontario: Mississauga and St. Catharines.
- **Justin Trudeau** will be in Amherst, N.S. and Fredericton, N.B.
- **Tom Mulcair** will be in Montreal and Toronto.

Elizabeth May's itinerary was unavailable.

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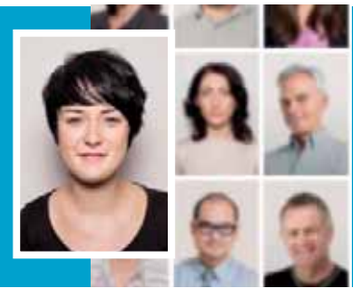

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Hunter may go scot-free

ZIMBABWE

Prosecuting lion killer 'bad for business,' official says

Protesters outside Dr. Walter James Palmer's dental office in July. Palmer gave an interview Sunday in which he disputed some accounts of the hunt, expressed agitation at the animosity directed at those close to him and said he would be back at work within days. THE ASSOCIATED PRESS

Zimbabwean authorities seem to have cooled off on pursuing the case against Minnesota dentist Walter Palmer, amid fears having the American bow hunter extradited for killing Cecil the lion could hurt Zimbabwe's hunting business.

It has been a month since Environment, Water and Climate Minister Oppah Muchinguri announced that the police would process paperwork to have Palmer extradited for participating in a hunt that authorities here said was illegal. On Monday there were no new developments in the matters, police spokeswoman Charity Charamba said.

"I still have nothing on that case," she said.

The National Prosecuting Authority, which is responsible for processing extradition requests, said Palmer was not on its files because the police had yet to process a docket for Palmer, a dentist from suburban Minneapolis.

In an interview on Sunday in Minneapolis, Palmer said he believes he acted legally and that he was stunned to find out his hunting party had killed a treasured animal in July. Cecil was a fixture in Zimbabwe's Hwange National Park and had been fitted with a GPS collar as part of Oxford University lion research.

Pursuing Palmer without a concrete case could rattle potential big-paying customers from the United States, said both a Zimbabwean government official, and safari operators.

Theo Bronkhorst, a Zimbabwean professional hunter who helped Palmer, has been charged with "failure to prevent an illegal hunt." Honest Ndlovu, whose property is near Hwange National Park, faces a charge of allowing the lion hunt to occur on his farm without proper authority. Palmer's hosts should have ensured the hunt was legal, said Emmanuel Fundira, chairman of the Safari Operators Association of Zimbabwe.

"These are the people expected to know the rules and advise clients accordingly," he said. "Clients may end up thinking twice before coming to Zimbabwe if such cases are not handled carefully. Authorities have to be sure there is a case before pushing for the extradition of these hunters."

> **"American hunters spend big. They are a huge market for us."**
> Senior Zimbabwean official, who refused to be named

Hunting supports about 800,000 rural Zimbabwean families, said Fundira.

Having Palmer extradited would "be bad for business," said a senior official in the ministry of environment, water and climate, who refused to be named cause the killing of Cecil is before the courts..

"American hunters spend big. They are a huge market for us," he said. "We still want them here. Zimbabwe sends delegations every year to lure those hunters to bring their money here. They will stop coming if the risk of arrest is high." THE ASSOCIATED PRESS

IN BRIEF

Lightning kills 22 people in southeast India

Lightning has killed 22 people, mostly farm labourers working in fields, across the southeastern Indian state of Andhra Pradesh, officials said Monday.

The fatalities occurred Sunday evening when thunderstorms and rain lashed eight districts in Andhra Pradesh, said N. Chandrababu Naidu, the state's chief minister.

Two women's cricket teams had a narrow escape when lightning struck a tree on the grounds where they were playing in Guntur town, said Sitapati, a district cricket official. "It was a miraculous escape for the players and the people at the grounds," said Sitapati.

A tree caught fire after it was hit by a lightning bolt, and the deafening sound that followed led players and spectators to flee the grounds in panic, he said.

Lightning strikes are common during India's monsoon season, which runs from June to September. However, Sunday's toll was unusually high.

THE ASSOCIATED PRESS

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Leaders split on next steps

metro The Syrian Crisis
The World Reacts

Hungary's PM: Security before immigration

Several hundred Arabs, Asians and Africans tired of waiting for buses broke through Hungarian police lines near the Serbian border Monday and marched north on the main highway to Budapest as authorities once again demonstrated an inability to control the human tide passing through Hungary.

The renewed trouble underscored the growing sense across the continent that the 28-nation European Union must reach a continent-wide agreement on sharing responsibility for sheltering more of the estimated 340,000 asylum seekers who have arrived in the 28-nation bloc already this year.

French President Francois Hollande announced his country would welcome 24,000 refugees, while he and German Chancellor Angela Merkel had agreed on a formula for spreading the migrant load across Europe.

But Hungary's prime minister, Viktor Orban, said he wasn't prepared to pitch in and questioned how any EU quota system based on current figures could resolve the real issue of unrelenting immigration.

Even as calm returned Monday to the main Austria-Hungary border crossing where more than 15,000 people crossed over the weekend en route to Germany, Hungary's leader hit back at European partners who blamed his country for stoking the chaos.

Orban said Europe first must focus on security measures designed to force travellers from troubled lands to seek asylum in neighbouring countries, not travel thousands of kilometres into the heart of Europe. He said the current discussions on a new quota to handle 120,000 migrants soon would lead to discussions on hosting millions more. THE ASSOCIATED PRESS

Syrian and Iraqi refugees on their way to cross Greece's border with Macedonia, near the Greek village of Idomeni, Monday. Thousands of migrants and refugees were crowding at Greece's border with Macedonia on Monday morning, their entry slowly rationed by Macedonian police. YANNIS BEHRAKIS/REUTERS

Putin considers deployment of troops

Signs of an ongoing Russian military buildup in Syria have drawn U.S. concerns and raised questions about whether Moscow plans to enter the conflict.

President Vladimir Putin has been coy on the subject, saying Russia is weighing various options, a statement that has fuelled suspicions about the Kremlin's intentions.

Observers in Moscow say the Russian manoeuvring could be part of a plan to send troops to Syria to fight the Islamic State of Iraq and the Levant, in the hope of fixing fractured ties with the West. They warn, however, that Putin would likely find it hard to sell his idea to a skeptical U.S. and risks potentially catastrophic repercussions if he opts for unilateral military action in Syria.

By playing with the possibility of joining the anti-ISIL coalition, Putin may hope to win a few key concessions. His main goal: the lifting of Western sanctions and the normalization of relations with the United States and the European Union.

While Putin said Friday there is no talk "just yet" about Russian troops joining the fight against ISIL, he added, "we are looking at various options."

The Russian leader is set to attend the United Nations General Assembly later this month, and some analysts say a proposal to deploy troops to Syria could be the focal point of his visit. THE ASSOCIATED PRESS

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• An entirely natural & high in protein total nutrition bar!
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ATTACK

Drone strike kills 3 ISIL members

Prime Minister David Cameron revealed Monday that British forces had used a drone strike over Syria in August to kill three Islamic State of Iraq and the Levant fighters, including two Britons.

He told Parliament that the attack was legally justified because the militants were plotting lethal attacks against Britain and the fighters could not be eliminated any other way.

"There was a terrorist directing murder on our streets and no other means to stop them," Cameron said, adding that the decision to launch the attack hadn't been taken lightly.

The prime minister said the deadly Royal Air Force strike was permissible because of Britain's intrinsic right to self-defence and had been approved by the attorney general.

The Aug. 21 attack on a car in the Syrian city of Raqqa, an ISIL stronghold, represents an escalation for Britain, which had not participated in military actions in Syria. Cameron said the threat made action mandatory.

THE ASSOCIATED PRESS

EMERGENCY

Thousands of refugees to be taken in by EU countries

France and Britain on Monday committed to take in thousands more people as the European Union struggles with its biggest refugee emergency since the Second World War.

France is to welcome in 24,000 refugees from Greece, Italy and Hungary, while Britain will resettle up to 20,000 refugees living in camps outside the EU. Belgium announced Monday that it is willing to accept 250 "war refugees."

Cyprus stands ready to accept around 300 refugees. Finland will take in 1,050 refugees this year under a UN refugee agency scheme. Ireland will accept 520 Syrian refugees. Poland will welcome 150 Syrian Christian refugees.

In July, EU nations committed to share in relocating and resettling some 50,000 refugees from Greece and Italy and some third countries. Here are numbers of refugees some countries have committed to take in:

- Austria — 1,900
- Belgium — 2,464
- Czech Republic — 1,500
- Denmark — 1,000
- Finland — 1,085
- France — 9,127
- Germany — 12,100
- Greece — 354
- Hungary — 0
- Ireland — 1,120
- Italy — 1,989
- Netherlands — 3,047
- Poland — 2,000
- Portugal — 1,500
- Spain — 2,749
- Sweden — 1,860
- U.K. — 2,200

Total: 45,995

THE ASSOCIATED PRESS

A Syrian refugee who was part of a protest at Independence Square in Montevideo, Uruguay, on Monday. AP /MATILDE CAMPODONICO

Refugees request to leave pricey Uruguay

metro The Syrian Crisis
Finding A Home

Protesters say they are unable to support their families

Five families of Syrian refugees welcomed to Uruguay last year protested outside the presidency building on Monday demanding that authorities let them leave the South American country.

Uruguay welcomed the 42 Syrian refugees fleeing civil war in October 2014. The members of the families now say that local officials promised more than they could deliver. They said Uruguay is expensive and there are no jobs.

"There's no future for us here. The government's aid plan lasts two years and one has passed by," Ibrahim Al Mohammed, the head of one of the families told The Associated Press.

"I work at a hospital and my salary is small, 11,000 pesos (about $380). I have a wife and three young sons. What will I do to earn a living when the help runs out?"

> **There's no future for us here.**
> Ibrahim Al Mohammed

The head of Uruguay's Human Rights Secretariat, Javier Miranda, defended the refugee program, saying that Uruguay hoped that the Syrians could have a dignified life. He acknowledged that Uruguay is an expensive country, but said the job offers are the same for everyone and that the aid cannot extend beyond two years.

Under former President Jose Mujica, Uruguay initially agreed to receive a total of 120 Syrian refugees. Foreign Minister Rodolfo Nin Novoa has said that a second group of seven families will arrive later this year and has rejected criticism by some Uruguayans who say their country should not receive more refugees. THE ASSOCIATED PRESS

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Hearings to begin for Alberta Clipper

ENBRIDGE

Cross-border crude oil sands project opposed in U.S.

A U.S. court begins hearing arguments this week in a lawsuit that claims increased volumes of oil sands crude have been allowed to flow from Canada into the United States without adequate public input or environmental review.

Indigenous and environmental groups filed a lawsuit late last year against the U.S. State Department and Secretary of State John Kerry in federal district court. Hearings start in Minneapolis on Thursday.

"Plaintiffs' members face increased risk of harm to their health, recreational, economic, spiritual and aesthetic interests as a result of the State Department's decision to allow projects with significant environmental impacts to proceed without fully analyzing and considering the impacts," the groups said in a complaint filed in February.

At issue are a pair of Enbridge oil pipelines between Hardisty, Alta., and Superior, Wisc.: Line 3 and Line 67, also known as Alberta Clipper.

Both pipelines have presidential permits, the same crucial approval for cross-border infrastructure that TransCanada Corp. has been painstakingly trying to obtain for its Keystone XL project since 2008.

"Enbridge is operating its pipelines consistent with the presidential permits," said Enbridge spokesman Graham White in an email.

In court documents, the defendants say the claims "lack merit" and ask the court to "dismiss the complaint in its entirety with prejudice." THE CANADIAN PRESS

Protesters are urging U.S. Secretary of State John Kerry to stop the pipeline expansion. MARK WILSON/GETTY IMAGES

SOUTH KOREA

Canadian-backed group buys retailer

Two Canadian pension plans are part of a consortium that purchased South Korean supermarket chain Homeplus from British retailer Tesco for around $6 billion US on Monday.

The Canadian Pension Plan Investment Board said it spent $534 million US for a 21.5 per cent stake in the company.

The Public Sector Pension Investment Board, which manages investments for the federal public service and the Canadian Forces among others, was also a part of the deal but did not disclose its contribution.

The deal is expected to close in the fourth quarter of 2015, pending approval from the South Korean government and Tesco's shareholders.

Homeplus is South Korea's second-largest retailer, with more than 1,000 outlets across the country. It was originally founded as a joint venture between Samsung and Tesco in 1999.

South Korean private equity firm MBK Partners led the deal and said the consortium will invest $831 million US in the business over the next two years. THE CANADIAN PRESS

IN BRIEF

Nexen permitted to reopen pipelines

Nexen Energy is being allowed to reopen some pipelines at an Alberta oilsands operation after provincial regulators suspended the licences for them last month.

The Alberta Energy Regulator says that after inspecting Nexen's Long Lake facility and reviewing documents, it has determined that about 40 utility pipelines that carry fuel gas, natural gas and water pose a low risk to public safety and the environment.

It says Nexen has demonstrated the utility lines can be operated safely and within all regulatory requirements. But the regulator says the remaining 55 pipelines affected by the order, must stay closed until the company can demonstrate they're safe. THE CANADIAN PRESS

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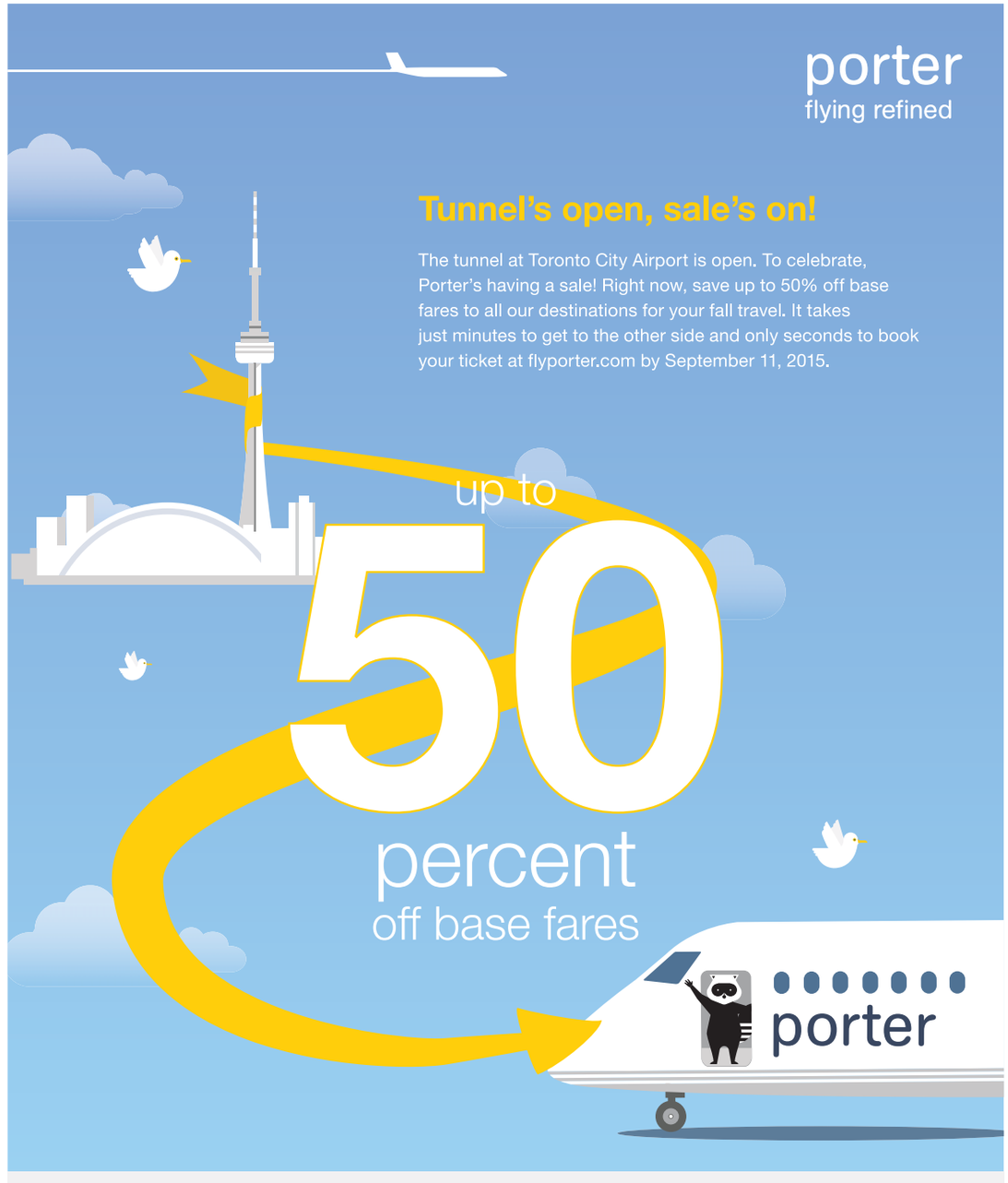

metro VIEWS
Your essential daily news
Tuesday, September 8, 2015

metro's election explainer

What are the parties promising to refugees?

metro The Syrian Crisis
The Response

It took the drowning of a three-year-old whose family hoped to settle in Canada to draw attention to the four million people who have fled Syria since 2011. The outcry has forced all the parties to articulate what they would do, if elected, to alleviate the humanitarian crisis.

Their promises pale in comparison the country increasingly seen as Syria's saviour. Germany — which, it should be said, was the source of millions of refugees during the Second World War — plans to process 800,000 people fleeing Syria this year. If Canada did the same per capita, we'd be welcoming close to 350,000. Here's where our leaders stand, and a look at their past commitments to refugees.

New Democratic Party:
Promise to admit 10,000 Syrian refugees this year; 46,000 by 2019
Liberal Party: 25,000 this year
Conservative Party: 10,000 Syrian and Iraqi refugees in the next three years, on top of a 10,000 commitment made in January. (About 2,500 have been welcomed under Harper so far).

Tories
Stephen Harper said many times that Canada is doing its part to respond to the crisis by addressing what he sees as the root cause: terrorism in ISIL-occupied parts of Syria and Iraq.
Past participation The Progressive Conservative government of Joe Clark led an effort to settle 50,000 South Asian refugees in the wake of the Vietnam War in 1979.

Grits
Liberal Leader Justin Trudeau has called for a leaders' meeting to discuss the crisis — there's no sign of that yet — as well as calling for more than 10 times more Syrian refugees to be accepted than have been admitted to date.
Past Participation
The Liberal government of Pierre Trudeau responded to an ethnic cleansing of South Asians from Uganda by bringing in 7,000 refugees in 1972-73.

NDP
Leader Thomas Mulcair has said "no amount of military action" will address Syria's crisis, calling for "quick" humanitarian assistance instead.

Past Participation
New Democrats have never formed a federal government. But in the 1930s, J.S. Woodsworth, the leader of the party's predecessor, pleaded for acceptance of Jewish refugees fleeing Nazism, saying he felt "helpless and ashamed" about the country's lack of response.

Helping hand: A Syrian woman arrives Monday, via boat from Turkey, on the Greek island of Lesbos.
THE ASSOCIATED PRESS

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

I don't limit my 13-year-old's gaming. Here's why.

Catherine Little
For Metro

I have a confession to make: My son, Alex, received his first hand-held video game when he was 3. My sister, with our permission, got Alex a Leapster, a child-targeted education gaming system, for Christmas.

He loved it. And soon he wanted more. In the early years, I learned every video game Alex wanted to play. Let's just say I got to be pretty proficient at Plants vs. Zombies, and even heard Alex brag to his friends about how his mom had beaten the game.

We'd sit on the couch, passing the iPad back and forth. We'd cheer each other on, discuss strategy and debate what the best buys for each level were. I started appreciating the skills and thinking needed to play the games successfully.

Now, at 13, my son spends all of his spare time on his iPad. This seems to bother his father a lot more than it bothers me. Alex has friends whose parents try to limit the amount of time their children play video games. Personally, I'm conflicted about how much is too much.

When Plants vs. Zombies gave way to more violent games, I started to worry, and I looked into the science. I needed help deciding if I should restrict how much time Alex spent doing what he loved to do. I've chosen not to.

Evidence is on my side. An emerging body of research hints that video games may be more than OK.

My husband, who is a doctor, used to worry Alex's gaming habit might harm his school performance. However, a large Australian study last year found no evidence video games had a negative impact on kids' grades. Even after the researchers looked at the international science, math and reading test scores of 192,000 students in 22 countries, they found that frequency of video game use had no significant effect on achievement.

But could violent games make my kid violent, or at least aggressive? Yet another apparently unfounded worry. A 2013 Springer study of 377 American kids found no association between violent video games and delinquency or bullying, even in children with depression or hyperactivity.

I breathe a little easier knowing I'm not interfering with his potential or encouraging hooliganism.

But what about those strategy games he always seems to be in the middle of when I say, "Dinner is ready"? Though they're hard to tear kids away from, research suggests the planning and multitasking required by these kinds of games may improve cognitive flexibility — the crucial ability to juggle more than one concept in your mind and switch fluidly between them.

Since Alex was little, many of his friends' parents have told us that they carefully restrict their kids' screen time.

I'm still not sure what to say to them. On one hand, I understand how difficult it is to live with a teenager who eats, breathes and sleeps video games. On the other, research doesn't support the idea that video games are the source of all evil, as some seem to think.

Despite being allowed to use all of his spare time gaming, Alex is an honour-roll student, swims at a high level, plays house-league baseball and is generally a nice kid. I'm not positive this is the right approach. But I spent as much time watching TV in my youth as my son now spends on his iPad. My parents worried I'd melt my brain, but it seems to have worked out OK for me.

Catherine Little is a Toronto-based science and mathematics educator and writer.

ROSEMARY WESTWOOD

metroview

A new argument for screen-free time: Avoiding advertising

It's a messaging minefield out there on the web.

Scrolling through social media feels like walking down a crowded market street to the shouts of vendors hawking hair extensions, even though they should know, by the hundreds of photos I've posted to social media, that I have a great hair.

This is modern life: suffering through the detritus of wonky algorithms that may or may not know you, and both options are bad.

No, Facebook, I don't want to click on the image of an overweight woman whose "SHOCKING New Look Has Him Kicking Himself".

First, I'm not into body-shaming. Second, I suspect it's sponsored content because none of my 635 Facebook "friends" post things like that. Third, I know it's sponsored content because, even though you've dressed up the avatar as the sexy brunette Sophia Jones, you've had to add that small "sponsored" tag.

BTW, Facebook, I'm also meh about zombie culture.

Instagram's no better. So I follow a few fashion designers. That's aspirational, maybe even masochistic. I can no better afford that Mercedes-Benz you've pushed into my feed than a Vera Wang dress. Even if I could, I tend to think unnecessarily expensive cars are a great way to advertise your warped priorities. (If you've driven by me in your Ferrari and I ignored you, it was on purpose.) Canadian Tire is more my price range, but Instagram should know that if I want to find out how to hang a picture, I won't look for a sponsored post. I'll Google it.

Elsewhere on the web, I am tormented by ads that are harder to deride and dismiss.

I'm considering visiting websites with products that I hate, just so I don't have to look at the dove-grey, large-face gold-rimmed watch I'd love to buy, but can't afford, or the soft white leather slip-on shoes that would look great with the wide-leg ankle-length slacks I am coveting.

It is cruel to have to research a story while images of things I want but cannot have rotate on repeat at the side of my screen.

Of course, this is the world now. We were told they'd start following us and anticipating our needs. When they don't get it right, it's to ridiculous effect. When they do, it's taunting.

Maybe a new argument should be made for screen-free time, one based not only on avoiding harmful blue light and scattered attention, but also on avoiding the reflection of who algorithms say you are. So you can just be.

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Trainspotting sequel with original players on track says director Danny Boyle

Rush weak for Canadian frats

FRATERNITIES AND SORORITIES

Why the Greek life is a much bigger deal on campuses south of the border

Given all the inequities foisted upon Canadian consumers compared to the spoiled shoppers to their south, it's safe to assume few have spent significant time dwelling on the absence of choice when it comes to wooden bum-spanking paddles.

But it's true.

Add tush-thumping paraphernalia to the list of goods where American consumers have greater options, only in this case the huge gap in choices between Amazon.ca and its American site tells a fascinating sociological story.

It's the story of fraternities.

The Greek-letter organizations are much more prevalent in the U.S., hence the bigger market for hazing instruments — or as the sellers describe them, stained-wood, engravable, spanking-themed college souvenirs.

How did this Canada-U.S. cultural divide occur? The answer goes back a couple of centuries, but a good starting point for understanding it happened in the summer of 1984.

Just days after Hollywood released Revenge of the Nerds, then-president Ronald Reagan signed into law the National Minimum Drinking Age Act, making it harder for anyone under 21 to score booze in a commercial establishment.

It just so happened that campus clubs were sitting on a few billion dollars' worth of private property, accumulated since the early 19th century — frat houses.

These houses have provided a sanctuary for insobriety in a way Canadian kids might not appreciate, given their ability to waltz into bars at age 18 or 19 and demand Molson's without fear of bouncers checking ID.

Revenge of the Nerds helped entrench fraternity life in American popular culture. 20TH CENTURY FOX/THE CANADIAN PRESS

"Greek life can dominate the social scene at (U.S.) colleges and universities," said Susan Lipkins, an expert on fraternity initiations who runs the site insidehazing.com.

"If you look at the universities you can say, 'Oh, it's only 10 to 20 per cent (enrolment),' one would think they don't have that much power. But they do...

"They're in charge of parties."

Enrolment numbers illustrate why there's so much more Greek-themed college memorabilia on Amazon.com than Amazon.ca.

Sorority membership has practically doubled in the last decade, with about 660 chapters in the National Panhellenic Conference. Only a dozen are in Canada. Same for fraternities: Tau Kappa Epsilon is the biggest in terms of chapters, with 259. Five are in Canada.

The original fraternity was founded at Virginia's College of William and Mary in 1776 — a century before the first Canadian fraternity chapters opened.

Inspired by medieval societies and their secret initiations, it was named Phi Beta Kappa because one founder was a recognized Greek scholar.

"Beer kegs, toga parties, and goldfish eating were not yet part of the Greek curriculum," says the book Inside Greek U.

As colleges opened to the masses, the culture changed.

When women and minorities arrived, some disturbing behaviour followed — including sexual assault and racial segregation. A 1952 incident telegraphed a new hyper-machismo: the state of Missouri called in the National Guard amid the bedlam of the earliest known panty raid.

They still offer benefits — professional networking and cheaper housing.

Canadian Supriya Dwivedi heard from American sisters that Greek life was their ticket to affordable housing and parties.

Which wasn't the case in Montreal.

"At McGill it wasn't like being in a sorority or frat was necessary or even viewed as being something cool," said Dwivedi, now a public affairs consultant.

"Most of the time when people found out I was in a sorority, their initial response was to ask me, 'Why?'"

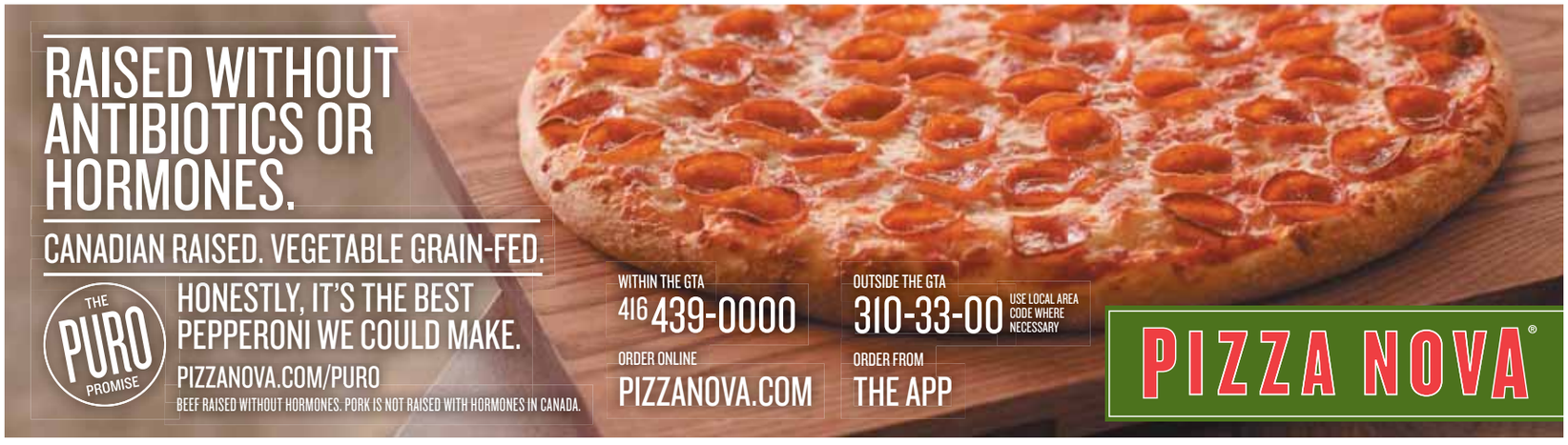
As for the hazing, several Americans interviewed said it wasn't so bad. They compared it to military boot camp — an unpleasant means toward bonding.

They had to study obscure details about their fraternity and recite them under pressure. Delaware native Patrick Zingaro recalled only one incident: a cut on his elbow from being forced to lie in a basement.

That, and they made him drink a live goldfish. THE CANADIAN PRESS

20%

One benefit of Greek life especially relevant in the U.S.: remedying loneliness. Twenty per cent of American students leave their state, double the rate of Canadian undergrads who study out-of-province, according to Universities Canada's analysis of federal data.



Don't get schooled by big student debt

BUDGETING

Before sending your scholar off, have a chat about finances

Gail Vaz-Oxlade
For Metro Canada

Despite years of teaching my son about money, there was still ground left to cover before he headed off to college or university this year. How would he manage the money he'd need for tuition, books and living? Would he get and use a credit card? And when was it okay to call home to mommy?

Did you take the steps to make sure you've prepped your young 'un for their new, independent life?

1. Have the cash flow chat

Whether she's going to school using student loans, money from that diligently saved RESP or summer work savings topped up with help from mom and dad, it's time your daughter learned there's many mistakes to be made with a budget and wallet. Whatever she's got is likely more money than she's had to handle in her whole life.

Step 1 is allocating the money that will cover school costs: tuition, books and supplies, getting to and from school, and residence cost or first and last month's rent if she's living off campus. Don't forget the money for that first big grocery shop or to cover the student food plan. And set a little something aside for emergencies, say about $500.

Step 2 is splitting up what remains over the amount of time she'll be at school. Some programs run a full calendar year, so she'll need to spread the money over 12 months. If she's at school from September through April, divide what's left by eight to come up with a monthly budget amount.

Ah, the budget. Here's where essential expenses rub up against less important needs and wants. While food, Internet and medical costs are essential expenses for students, sushi and cable are definitely wants, and a cellphone falls somewhere in the middle.

2. Set an upper limit on debt

Since your child's student loan came relatively easily and without clearly defined limits, it may disappear just as quickly without a plan. The same is true for a student line of credit or the balance on a credit card. It makes no sense to take on more debt than he can ever afford to pay back, regardless of the form. So helping him understand how much debt is enough is important.

Here's a rule of thumb: He should plan to graduate with no more than his first year's net income in total debt. So if the job he's heading to will put $37,000 a year in his pocket after taxes, that's as much debt as he'll leave school with.

Credit card debt? Is that really a good idea?

Well the debt part isn't, but the credit card part is. There's no easier time to get a credit card than when you're in college or university. Students should take advantage of the opportunity by using that card to cover essential expenses like food, then paying the bill in full every month. That'll help them establish credit identity and teach the importance of tracking expenses.

The right to use a credit card comes with the responsibility of keeping track of every penny spent and paying the balance in full every month.

3. Make your role clear

Calling home to mommy or daddy because your student couldn't resist the urge to buy shoes or got blotto-drunk and lost the weekly grocery money at poker shouldn't even be an option. Sure it's hard to watch kids tough out a difficult week or three. But part of living on their own is to learn that they can stand on their own two feet. If you keep rushing in to rescue them, you'll be teaching them that you don't trust them to fend for themselves and that they're totally dependent on you.

It's fine to be your child's safety net in situations no one could have anticipated. But replacing coats that have been lost, cellphones that have been drowned or laptops that have been abused isn't part of the deal, so make that clear.

Check in bi-weekly in the early months. If your student proves he or she can't manage the lump sum money, step in and pay a monthly (or even weekly) salary, giving no more than the basics until he or she gets the hang of managing the money.

By second semester you'll be checking in monthly or even every other month. But remember, taking away all the responsibility won't actually teach a thing. You may need to pull in the reins a bit, but don't remove all the responsibility and accountability. Let the natural consequences — living on ramen noodles — teach the important lessons.

For more money advice, visit Gail's website at gailvazoxlade.com

$ KEEPING TRACK

Basic bookkeeping

Offer a notebook, spreadsheet or budget app to use as a journal and show how to keep a running balance that reflects the reality of spending. When money is received, add it to the balance. When money is spent — using a debit card, credit card, by writing cheques or using cash — deduct it from the balance. The point is always knowing what's left in the bank.

Introduce junior to concepts like cash flow well before he moves into residence. ISTOCK

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‘Yes means yes’ training is now law in New York

Administrators say the trick to teaching consent is to make the message relevant to 18- to 22-year-olds, without it coming off as a lecture. CAROLYN THOMPSON/THE ASSOCIATED PRESS

UNIVERSITY AND COLLEGE

Silence not a green light for sex, incoming students learn

They’d barely arrived on campus at St. Bonaventure University, but already the new students were talking about hooking up.

Administrators didn’t mind. In fact, they’d encouraged — even required — it to comply with a new state law meant to prevent sex assaults on campuses.

At colleges elsewhere, students watched skits about sex, saw videos on YouTube, had face-to-face sessions at orientation and clicked through online courses for what has become one of the earliest lessons of college life: That only “yes” — not silence or a lack of resistance — is the cue for sex.

In July, New York became the second state, after California, to write the affirmative consent standard into law for campuses. But it’s becoming the norm at colleges around the country that are under the same pressure to reduce and better handle sexual assault cases.

> **It definitely cleared up some of the blurred lines.**
> Rachel Taylor, student

“When they hear the specifics — that it’s about checking in all along the way: ‘Is this OK?’ ‘Are you interested in this?’ ‘Does this feel good?’ — that’s not that unreasonable for people,” said speaker Cindy Pierce, who is hired by colleges to deliver the message.

New York’s Enough is Enough legislation, passed with the help of star power from Whoopi Goldberg and Lady Gaga, also gives bystanders who report assaults amnesty from drug or alcohol violations and creates a Students Bill of Rights guaranteeing victims the ability to report assaults and access services.

But it’s the uniform definition of affirmative consent that has students recalling comedian Dave Chappelle’s Love Contract skit where he pulls a clipboard from the nightstand and instructs a woman to “Just sign here and here.”

“We get very frequently that bit where you’ve got to get a notarized contract,” said Kelly Ristow, who was brought in by St. Bonaventure to deliver the humour-infused The Hook-Up: When it’s Hot and When it’s Not, which made clear the difference between consensual sex and rape.

“It definitely cleared up some of the blurred lines,” 18-year-old Rachel Taylor of Erie, Penn., said on her way out of the Saturday afternoon sessions at St. Bonaventure.

Other schools have shown students YouTube videos, including one by Blue Seat Studios with stick figures and a cup of tea analogy.

“If they say, ‘No, thank you,’ then don’t make them tea. At all,” the narrator wryly instructs. “Just don’t make them tea. Don’t make them drink tea. Don’t get annoyed at them for not wanting tea. They just don’t want tea, OK?”

Another video, from Campus Clarity, uses a cellphone scenario and innuendo — “Can I play with your game centre?” — to make the point.

“They’re showing it to their students as a way to talk about sex without talking directly about sex,” said Daniel Swinton, associate executive director of ATIXA, the Association of Title IX Administrators.

St. Bonaventure administrators say the trick is to make the message relevant to 18- to 22-year-olds, without it coming off as a lecture.

The New York law advanced by Gov. Andrew Cuomo requires all incoming students, athletes and student club officers to receive education that is reinforced during the year.

THE ASSOCIATED PRESS

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Sleep pods aren't everything

JOB SATISFACTION

Don't be fooled by office perks, research true work culture

Eleni Deacon
For Metro Canada

A scene from season 2 of HBO's Silicon Valley. A recent survey of engineers and developers found tech workers are less satisfied in their jobs than other workers. FRANK MASI/HBO

Wannabe tech workers might be enchanted by the promise of complimentary snacks and midday naps in egg-shaped sleeping pods.

Or the hefty paycheques, accompanied by generous signing bonuses and potentially hefty equity. The beanbag-chairs-everywhere stereotype is pretty utopian — but new research suggests tech workers aren't hitting "like" on their jobs.

In a recent survey of 5,000 engineers and developers, the app-maker TINYpulse found that, in every category of inquiry, tech workers were less satisfied than those in other industries. Only 36 per cent of tech employees see opportunities for professional growth, compared to 50 per cent in other industries. And while 69 per cent in tech say their supervisor has recently recognized their work, three quarters were feeling the love elsewhere. Most disheartening: When asked if they were very happy at work, only 19 per cent of tech workers answered yes, versus 22 per cent in other fields — a small but statistically significant disparity.

These ho-hum reviews challenge the notion that holy-cow salaries — i.e. the going rate for many tech pros — translate into everyday fulfilment. Making a comfortable income is undoubtedly a key contributor to employee contentment, since no one likes toiling for crumbs. But the survey points to a bevy of factors — understanding your company's values, feeling appreciated, having solid relationships with your colleagues, among others — that determine whether or not workers will spend every weekday longing for Saturday.

To dodge 9 to 5 misery, jobhunters should prioritize company culture as highly as cash — and perhaps even more than the nitty-gritty of the work itself. You may enjoy the actual tasks on your to-do list, but if your boss never notices your efforts, you don't agree with your organization's principles, or you can't stand spending 40 hours per week sharing a cubicle with Bob, it's likely you'll dread sitting at your desk. Culture can be tricky to evaluate during a job interview, but it's worth using your question period to pose some tactful — but hopefully revealing — questions about office life. Although Ping-Pong tables in the break room are fun, flashy cosmetic perks are not true indicators of corporate culture. By inquiring about the atmosphere in the office (whether it's chatty or quiet), the organization's mission statement, and professional-development opportunities, you won't just demonstrate a deeper-than-dollars interest in the position — it will also help you feel out whether a prospective employer aligns with your outlook and goals.

When seeking new work, it's easy to be seduced by the bottom line. But it's by reading between the lines that workers can land gratifying roles.

When it comes to on-the-job happiness, the value of a paycheck is no replacement for an employee's sense of self-worth.

Caffeine-free wake-up tips

ENERGY

Stretches, healthy snacks and cat videos all helpful

Eva Kis
Metro | New York

We're all working longer hours, want to spend more time with our families and find a little something left over at the end of the day for ourselves. All of this means sleeping less, and one of the few legal ways to still be functional the next day is with the help of caffeine.

A cup (or four) probably won't do more than make most people jittery, but in concentrated doses, caffeine can be harmful. Last week, the U.S. Food And Drug Administration issued a warning about powdered caffeine after tying the deaths of two young, healthy men to overdoses. Try these tips for more effective, stimulant-free ways to stay awake.

Desk exercises

Fatigue isn't just in your limbs; You have to periodically reboot yourself head to toe. Roll your eyes and stare at a faraway spot for 20 seconds. Give your brain some mind candy by switching tasks when you're feeling sleepy to something that's fairly fast and easy, like answering emails or even watching cat videos (this has the benefit of lowering your stress levels just as playing with a real animal would). And deep breathing is not just for yoga class — boost your circulation while lowering blood pressure by inhaling using your abdomen.

Intelligent refuelling

Instead of reaching for an energy bar, or worse whatever is left in the office vending machine, grab something low in sugar and high in protein, like Greek yogurt (with fresh fruit), a handful of nuts or carrots with hummus. This is high-quality energy that won't leave you shaky from low blood sugar in a couple of hours. And remember to drink water: Thirst sets in when two to three per cent of your body's natural hydration is lost, but mental effects show up at as little as 1 per cent loss.

Total-body reboot

Sitting is killing us just as surely as smoking is, so the next time you're feeling sluggish, go for a walk. Even 10 minutes will boost circulation and energy for up to two hours. Bonus: Put some music on.

Get some sleep, already

Seriously, put down your smartphone, turn off the TV and go to bed. Even a single night of sleep deprivation makes you more sluggish, shortens your attention span and hurts your ability to learn. So get some sleep, before lack of sleep gets you.

Not getting enough sleep can elevate stress hormones and affect your work performance. Grabbing a coffee just delays the inevitable, but a good night's sleep will help give you the energy you need to get through the day. ISTOCK

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CENSORSHIP

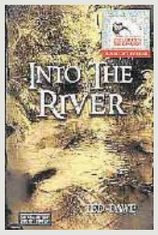
New Zealand bans YA book

New Zealand censors sparked outrage Monday after banning an award-winning teen novel that includes sex and bullying.

Auckland author Ted Dawe said he was "blind-sided" by the ban on his coming-of-age story Into the River, which won the New Zealand Post children's book of the year in 2013.

The book tells the story of a Maori boy who wins a scholarship to an exclusive Auckland boarding school but struggles with racism and drugs.

The Film and Literature Board of Review said the ban was temporary and would be in place until the organization reviews the decision next month.



AFP

DEMOGRAPHICS

Millennials have poor view of themselves: Poll

Even millennials don't think much of their generation, according to a new poll released last week.

A Pew Research Center study showed that millennials — generally defined as those ages 18-34 — had far more negative views of their generation compared to Generation Xers, baby boomers or other age groups. More than half of millennials, 59 per cent, described their generation as "self-absorbed," while almost half — or 49 per cent — said they were "wasteful," and 43 per cent said they were "greedy."

Around 30 per cent of Generation Xers — those ages 35-50 — said their own generation was self-absorbed and wasteful, and 20 per cent of the baby boomers said the same about their age cohort.

Millennials "stand out in their willingness to ascribe negative stereotypes to their own generation," the study said.

The older the group, the more positively they saw themselves, the Pew study found.

For example, the so-called Silent Generation — those ages 70-87 — overwhelmingly described themselves as hard-working, responsible and patriotic, at 83 per cent, 78 per cent and 73 per cent respectively. The baby boomers were not far behind, picking those same three words to describe themselves, at 77 per cent, 66 per cent and 52 per cent, respectively.

But the millennials and Gen Xers were not quite so positive about themselves: only 12 per cent of the millennials and 26 per cent of Generation X say they are patriotic; 24 per cent of the millennials and 43 per cent of the Gen Xers say they're responsible; and 36 per cent of the millennials and 54 per cent of Generation X say they are hard-working.

In fact, the highest-ranking positive traits the millennials came up with for themselves were "environmentally conscious" at 40 per cent and "idealistic" at 39 per cent.

Many millennials don't even want to be identified as such, with 60 per cent not considering themselves to be part of the "millennial generation."

THE ASSOCIATED PRESS

A cat's eye view of Japan

The western Hiroshima prefecture is using a cat's knowledge of its back streets to attract tourism interest. ISTOCK

TECHNOLOGY

Feline-fronted street viewer gives tourists low-down sites

Tourism bosses in a Japanese prefecture have come up with what they hope will draw more feline-loving visitors: a Google-style street view for cats.

Billed as a world first, officials this week launched an online map that explores the streets of port city Onomichi from the purr-spective of a four-pawed visitor.

"We decided to focus on cats because they know everything about the city, including the back streets," a tourism spokesman for western Hiroshima prefecture said.

He added that the city of about 150,000 people is known for its many felines and has a street known as "cat lane."

The map is based on the perspective of Lala, a fluffy kitty with emerald-coloured eyes, who lives with a local hair salon owner.

So far the map covers just two streets but plans to expand its reach are in the works using a camera attached to a stick that hovers 20 centimetres (eight inches) above the ground.

Viewers can trace what Lala — appointed the head of the prefecture's "back street tourism" division — sees from her low-level perspective.

The unlikely feline-focused tourism bid is not Japan's first.

Provincial Wakayama prefecture drew thousands of tourists to its regional train station where a cat served as nominal stationmaster.

Tortoiseshell-coloured Tama was credited with single-pawedly saving the provincial Kishigawa Line after being appointed as master of the tiny Kishi station.

With the regional railway losing money, the station lost its last human employee in April 2006, passing on the mantle to Tama, who delighted in strolling around her own office wearing the formal uniform cap of Wakayama Electric Railway.

After Tama's death in June, a new cat took over the position.

AFP

We decided to focus on cats because they know everything about the city

Tourism official for western Hiroshima prefecture

HEALTH

Anti-venom supplies running out

Doctors Without Borders says the world will run out of one of the most effective treatments for snakebites next year, putting the lives of tens of thousands of people at risk, mostly in developing countries.

In a statement issued Monday, the medical charity warned that existing stockpiles of the anti-venom Fav-Afrique produced by Sanofi Pasteur will expire in June. The company stopped producing the anti-venom last year and has since switched to making a rabies treatment instead.

"We are now facing a real crisis," Dr. Gabriel Alcoba, the charity's snakebite adviser, said in a statement. The aid group said there would likely be no alternative to replace the Sanofi Pasteur snakebite treatment for at least two years.

A spokesman for Sanofi Pasteur said the company was driven out of the market by competitors selling cheaper products, and it announced in 2010 it would stop making anti-venom. Those cheaper drugs are often seen as less effective. THE ASSOCIATED PRESS

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Jen lets Ben have it

Jennifer Garner ALL PHOTOS: GETTY IMAGES

WARRING EXES

Garner yells at Affleck over not calling out pals for nanny hanky-panky

Ned Ehrbar
Metro | Hollywood

Recent photos of Jennifer Garner and Ben Affleck hanging out and smiling together — plus reports that they've been seeing a marriage counsellor — may give some fans hope that their divorce could be called off, but sources tell Radar Online that you shouldn't get your hopes up — especially not after a particularly contentious throw-down between the warring exes over which of Affleck's friends might also be having their nannies work overtime.

"Jennifer verbally attacked Ben personally just over a week ago. She got pissed off and asked him why she should be surprised that he's sleeping with the nanny when his friends are doing the same thing," a source says.

"Basically she accused him of supporting another sham marriage and looking the other way." Juicy!

So how about those hints of them working things out?

"They've made attempts to put on happy, cooperative faces for their uncoupling, but the argument was a watershed moment," the source says.

"Ben is pissed off, and it's had massive reverberations for Jennifer. Privately, Ben is done with the charade." That sounds pretty severe.

YORKIES FINEST

Depp's wag of a tale

Before Johnny Depp can get around to promoting his work playing infamous Whitey Bulger in Black Mass, he first has to clear things up about his own criminal activity — namely violating Australian quarantine laws by smuggling his and wife Amber Heard's two tiny Yorkshire terriers into the country, earning the ire of one overzealous politician. So how did all of that turn out? "I killed my dogs and ate them under direct orders from some kind of, I don't know, sweaty, big-gutted man from Australia," he joked during a press conference at the Venice Film Festival. At least I hope he's joking. Yorkies don't really make much of a meal. NED EHRBAR/METRO IN HOLLYWOOD

EXTRA-PERSONAL TRAINER

Jada Will work it out

Let's check in with Will Smith and Jada Pinkett Smith, shall we? When we started the summer, there were fresh reports that the long-married couple would be done by fall, but here we are post-Labour Day and they're apparently doing just fine. What's their secret? A good personal trainer, as it turns out. Fitness guru Darrell Foster "has been very focused on keeping Will and Jada 'on the right track' not just physically, but mentally as well," a source says, according to Star magazine. "He's as much a marriage counsellor as he is a boxing coach or a guy who counts push-ups. He's always at their house working out with either Will or Jada when they aren't on the road filming. They now follow Darrell's advice to the letter." NED EHRBAR/METRO IN HOLLYWOOD

GOSSIP BRIEFS

No longer Hamm strung

Months after denying their relationship was over, Jon Hamm and Jennifer Westfeldt are splitting up.

Hamm and Westfeldt released a statement Monday through publicist Annett Wolf that "with great sadness" they were separating after 18 years. The couple, who never married, said they would "continue to be supportive of each other in every way possible." The statement first appeared on the website of People magazine.

Earlier this year, the Mad Men actor completed treatment for alcohol addiction and praised Westfeldt, an actress and filmmaker, for her support, Wolf said at the time. In April, they disputed reports they were breaking up. THE ASSOCIATED PRESS

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Frugal experts share college saving tips

THRIFTY STUDENT

Keep your bills low and the grades high

Analise Smart
For Metro

Higher education is a time of learning, and with education costs being what they are, budgeting is crucial information for students.

Stats show that half of the students enrolled in bachelor's programs in Canada are getting loans to finance their education, with the average debt accrued hovering around $26,000. While graduating debt-free is not realistic for everyone, all students can benefit from being money mindful.

BOOKS

Celestian Rince, who, along with his girlfriend, chronicles their goal to retire in their 30s in the Incoming Assets blog, said he realized during university that buying textbooks could be a "money pit."

"They have a lot of the textbooks available to check out at libraries and most students don't even know about it. I was able to go through some courses without ever buying the books."

If this is not an option, Justin Bouchard, co-author of More Money For Beer And Textbooks: A Financial Guide For Today's Canadian Student, suggests looking for used copies. "The campus book store is convenient, but you may be able to save some money shopping on amazon.ca or get a second-hand one from putting up posters or using Kijiji," he said.

TUITION

Student loans, as useful as they are, aren't free money, and will have to be paid back with interest. "Obviously, it's better to not get any student loans at all," Rince said.

While he concedes that this is "impossible" for some students, everyone can look into bursaries and scholarships.

"It'll just take a couple hours to research what's available at your university."

FOOD

Bouchard said one of the biggest costs that students in residence can save is on food.

"One meal out can cost the same amount as lunches for the other four days of the week." While most students living on campus have to buy a meal plan, Bouchard said they can buy a smaller plan if they aren't big eaters and get a mini-fridge that they can stock with breakfast items and snacks. Big eaters though, he said, should choose an "unlimited" plan.

ENTERTAINMENT

"Universities in particular are one of the best places for free or really low-cost entertainment," Rince said.

He cautions against going out and drinking too much, suggesting students can buy from the store and stay in some nights. Taking this idea one step further, Bouchard said home-brewing is another way to save money.

Graduating debt-free is not realistic for everyone, but all students can benefit from being money mindful. SHUTTERSTOCK

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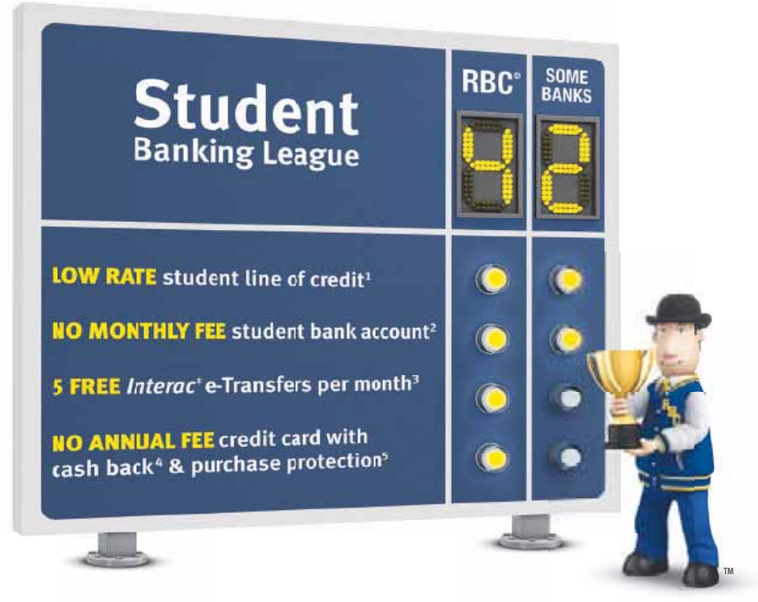
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LEARNING CURVE

Form good habits in first year

SHUTTERSTOCK

We've spent our lives hearing that it takes 21 days to form a habit. But according to a 2010 study in the European Journal of Social Psychology, it's actually closer to 66 days.

That is important to remember as your child settles into their first year of post-secondary education, says parenting expert Kathy Buckworth.

"For first-year students, so much changes that the more routine they have, the better," says Buckworth, author of six books, including I Am So The Boss of You: An 8 Step Guide to Giving Your Family The Business. "It brings back a comfort level. However, kids have to set their own routines. Moms and dads can't swoop in and dictate how things should be done."

But just because you aren't telling your child how to manage their schedules doesn't mean you can't be involved, Buckworth says. Leading by example and creating a safe space so your child can tell you about their newly formed habits without feeling judged are two ways of doing that.

"Keep the conversation going," she says. "But the thing I would emphasize is that parents can disrupt habits by being in contact too much or asking kids to come home if they are away at school. It makes it impossible to establish a routine."

Academics must be at the top of the "good habits to form" list, Buckworth says. It is the reason why students are at school and everything else should revolve around it.

"Find the study habits that work for you," Buckworth tells students. "If you find yourself staring out the window after 30 minutes, work a break into the way you study. Or you may discover that you work better for a three-hour period with no break. Also important is finding a place to study. If you are sharing a room, a library may be a better option."

– Izabela Szydlo

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PARENTS: GIVE KIDS A CHANCE TO PROVE THEMSELVES

As students begin a new school year, the summer-to-school transition period can include new routines, schedules, teachers and responsibilities. The stakes are especially high for post-secondary students and, says one parenting expert, the transition requires parents to perform a delicate balancing act.

"Generally speaking, 17- or 18-year-olds still look to you as a role model," says Samantha Kemp-Jackson, author of Meltdown In Aisle 5: Top Parenting Tips From Multiple Mayhem Mamma and blogger at multiplemayhem-mamma.com. "You could be stressed out and dying inside, but never let them see you sweat. Make sure your child knows you will help them through challenging times, but remember, the whole point of sending them to school is to facilitate their growth as an adult."

Kemp-Jackson, a mother of four, says it is important for parents to keep in mind that transitions take time. Depending on whether your child is attending school away from home and how much time they have spent away from you in the past, this could take a few weeks or months.

"As parents, it's difficult to watch our kids make mistakes," she says. "But they have to fend for themselves, whether that's with a class or with eating habits and social situations. You should never be that mom calling to check if they ate their veggies. Give them a chance to prove themselves." – *Izabela Szydlo*

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Sarah Ballam is a student in the George Brown instructing adults certificate program. CONTRIBUTED

Delivering quality training

With a practical focus and recognition by Canada's leading association of workplace learning professionals, George Brown College's instructing adults certificate is teaching students to deliver quality training, development and adult education.

"We offer the full cycle of the process," says Kim Gallant, a lead instructor in the program, of the five core courses that cover adult learning principles, needs assessment, designing training, delivering training, and evaluating training.

For Sarah Ballam, a student in the program, the decision to enrol was made easier by the fact that the Canadian Society for Training and Development (CSTD), which sets the standards for training and development in Canada, recognized the offering.

"While doing research I was impressed this was one of the few programs recognized by the CSTD," says Ballam, who is a financial education specialist at Manulife. "After enrolling, I realized I am getting the why behind how things are done and small details that make a big difference."

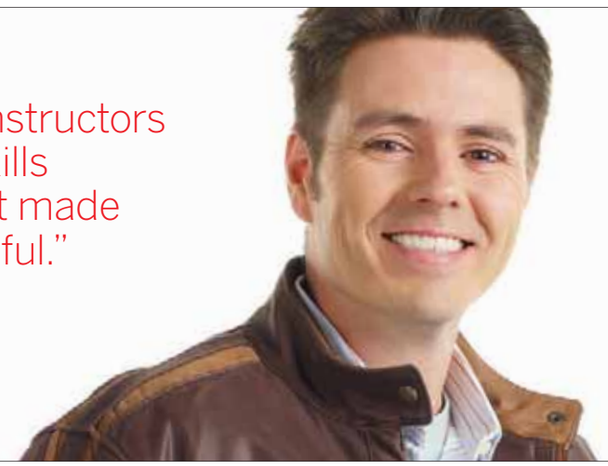
Because the program is geared towards people already working in the teaching and training of adults, Ballam's classmates are fellow professionals. She says this fosters a collegial atmosphere.

The networking element extends to the instructors, many of whom are practising professionals, Gallant says.

For more information, visit georgebrown.ca.

FRENCH

"What I gained from the instructors was French language skills and cultural insights that made travelling more meaningful."



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Adding more skills to the recipe

As Centennial College's September intake of culinary management — international students enter the program, they are doing so in new uniforms while learning from a totally revamped curriculum that is rooted in experiential learning.

"We found that the program was previously more flavour than technique based, so in the cuisine courses students would learn techniques of a cuisine and spend the rest of their time practising recipes," says chef James Smith, Centennial's chair of culinary programs and operations. "Now we are weaving the international feel through all courses, but using skills as opposed to flavours, as the vehicle."

In addition to eliminating some cuisine courses, the two-year program has taken its real-life approach to the next level. During their time in the offering, students will sport new Centennial green uniforms to get a feel for presenting themselves in the industry while partaking in hands-on lessons that include cooking for real customers.

"The first semester will cover foundational topics," Smith says. "But starting in the second semester, the program goes into experiential learning mode. Students will cook for an on-site restaurant and learn about large quantity cooking and packaging by creating food that will be packaged and sold through our restaurant and retail outlet. The practise becomes more meaningful because the food is being served to real people."

An artist rendering of one of the kitchens in Centennial College's new Residence and Culinary Arts Centre, scheduled to open in fall 2016. DIAMOND SCHMITT ARCHITECTS FOR CENTENNIAL COLLEGE

In September 2016, when the students who just started the program begin their second year, they will be doing so in a state-of-the-art culinary arts centre. It is a facility that Smith says will include a conference and banquet centre, which can accommodate up to 425 guests, and will help to further reinforce the program's commitment to experiential learning.

One thing, however, that hasn't changed is Centennial's strong connection to the industry. Not only do students partake in an industry internship with a hotel or restaurant, but they also learn from experienced instructors, many of who are currently working in the field.

For more, visit centennialcollege.ca.

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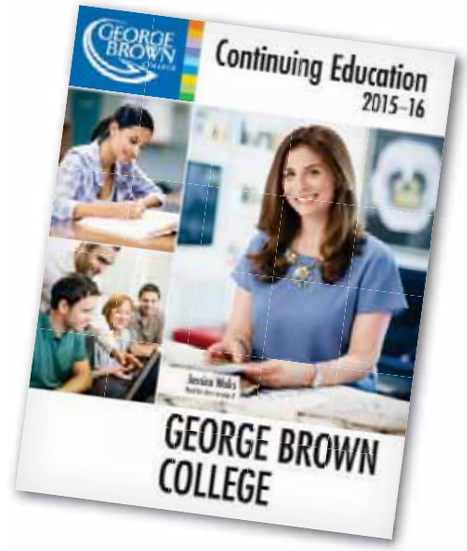

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LEARN THE NUANCES OF CANADIAN WORKPLACE CULTURE

When he moved to Canada from Iran in 2013, Hamid Imami didn't want to be labelled an internationally educated professional. He wanted to become a well-adapted professional.

Imami, who was an architect in Iran, realized that to meet his goal he needed to understand Canadian workplace culture. He got exactly that when he enrolled in the business edge program at University of Toronto's Rotman School of Management.

"It is a powerful program," Imami says of the six-month offering, which gives internationally educated professionals communication, leadership and career management soft skills. "It taught me how to gain visibility in the workplace because, in my culture, technical skills count for 90 per cent and soft skills only 10 per cent. In Canada, it is 50/50."

With classes during evenings and weekends, business edge features classroom sessions, one-on-one coaching, customized e-learning and, Imami says, instructors who understand individual needs.

"They are very experienced and professional. During one-on-one sessions it felt like talking to a friend because we talked about many issues that immigrants face."

Imami, who was hired before he completed the program in January 2015, credits business edge with helping him to quickly land a job.

For more, visit rotman.utoronto.ca.

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STUART LOWE PHOTO

Make an informed decision

Canadians are increasingly looking to continuing education to keep their skills sharp and advance their careers. But how do you decide if heading back to school for professional development is worthwhile?

Tino Corsetti, program director of digital learning at University of Toronto's School of Continuing Studies, says there is a four-step process to making an informed decision that starts with looking at your career goals.

"Ask yourself where you see yourself and what education you need to get there," he says. "A great way to find that info is to use social media tools like LinkedIn, where you can see professionals in the position you aspire to enter and get a sense of their path. Also, check industry associations, which often post information about certificates they recommend."

Next, it's time to think about funding your education. A 12-week course at U of T's School of Continuing Studies, for example, averages about $750. It is during this step that Corsetti advises approaching your employer to see if tuition assistance is available.

"Put together a business case. Highlight how education can update your skills and help your company either grow or reduce costs."

When it comes to choosing a program or course, Corsetti says you will want an education that will truly further your career. For most adult learners, that means obtaining hands-on training from professionals currently working in the field.

Lastly, Corsetti says, take into account that continuing your education will require balancing work, family and school responsibilities.

For more, visit utoronto.ca.

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Usain Bolt has called an end to his season, shifting his focus to the Rio Olympics

Tuesday, September 8, 2015

Jays knocked off by Sox

MLB

Toronto loses for just the fourth time in past 16 games

The Toronto Blue Jays are trying to slug their way to an AL East title.

They'll need better pitching than this, though.

Jackie Bradley Jr. had four hits with a two-run home run and four RBIs, Rick Porcello pitched into the eighth inning and the Boston Red Sox beat the division-leading Blue Jays 11-4 Monday.

The Blue Jays lost for just the fourth time in 16 games, but had their lead atop the East sliced to a half game over the New York Yankees, who beat Baltimore 8-6 on Monday.

Working on seven days' rest after complaining of fatigue, Mark Buehrle (14-7) gave up five runs on nine hits in 3-1/3 innings. The bullpen wasn't much better, giving up six runs on eight hits.

The Blue Jays lost the opener of their last series in Baltimore 10-2 but responded to win the next two games.

Toronto manager John Gibbons said he has "some concerns" about Buehrle, who has had a couple of tough outings recently.

The veteran left-hander said he felt fine.

"I felt better today than I have in the last couple," he said. "It's pretty much September is what it was. It was just one of those days where their offence was there. I'll take today — besides the results — just about any day."

Josh Donaldson and Justin Smoak each hit solo homers for Toronto. Donaldson's was his 37th.

Toronto leads the majors with 191 homers and 750 runs.

Bradley added two singles and a double and Travis Shaw hit a two-run homer for Boston, which posted its fourth straight win and eighth in 11 games.

"I'm not trying to force anything," said Bradley of his recent offensive surge. "I'm trying to swing at strikes."

Porcello (7-12) had his third consecutive strong start since coming off the disabled list following a right triceps strain. He allowed four runs — three earned — and eight hits over 7-1/3 innings.

David Ortiz had a pair of doubles and an RBI. The second was high off the Green Monster — below a sign with the white numbers "497" that signify his chase to become the 27th player to hit 500 career homers.

THE CANADIAN PRESS

Red Sox catcher Blake Swihart tags out Jose Bautista after the Blue Jays right-fielder struck out on a pitch in the dirt in Boston, Monday. WINSLOW TOWNSON/THE ASSOCIATED PRESS

MONDAY In Boston

11	4
RED SOX	BLUE JAYS

REHAB

Right-handed pitcher Marcus Stroman, who tore a ligament in his left knee during spring training, made his second rehab start Monday, giving up four runs on eight hits over three innings for triple-A Buffalo.

Tiger-Cats receiver Terrell Sinkfield Jr. makes a fingertip catch against the Argos' Branden Smith on Monday in Hamilton. PETER POWER/THE CANADIAN PRESS

CFL

Tiger-Cats hammer Argos

Zach Collaros and the Hamilton Tiger-Cats regained their Tim Hortons Field swagger Monday afternoon.

Collaros threw four TD strikes to lead Hamilton to a convincing 42-12 Labour Day victory over the arch-rival Toronto Argonauts. The Ticats were coming off a 26-23 loss to Montreal on Aug. 27 that snapped their 10-game win streak at the new stadium.

Collaros, who finished 26 of 38 passing for 400 yards, helped Hamilton improve to 4-1 at Tim Hortons field and said it was important the Ticats re-establish their home dominance.

"You never want to lose back-to-back games especially at home," he said. "You always want to defend your home field.

"I thought it was huge, it was imperative to win this one."

Hamilton (7-3) assumed sole possession of first in the East Division while improving its Labour Day record against Toronto (6-4) to a stellar 31-13-1. The Ticats also clinched the season series with the Argos after winning the opener 34-18 on Aug. 3.

If Hamilton and Toronto finish tied, the Ticats will assume the higher position. The two teams complete their regular-season series Friday night at Rogers Centre. THE CANADIAN PRESS

MONDAY In Hamilton

42	12
TICATS	ARGOS

IN BRIEF

Hughes reveals doping violation was kept quiet

Former Olympian Clara Hughes has revealed a previously undisclosed anti-doping rule violation from 1994.

Clara Hughes GETTY IMAGES FILE

Hughes wrote in her newly released memoir that she tested positive for the banned substance ephedrine in 1994 and that she was notified of the test result by Cycling Canada's then national team director. Hughes says in the book that the violation was intentionally kept quiet.

The offence occurred before the creation of the World Anti-Doping Agency or the Canadian Centre for Ethics in Sport, Canada's national anti-doping body.

THE CANADIAN PRESS

Wiggins leads Canadians to win over Uruguay

Andrew Wiggins scored 11 of his 18 points in the third quarter to lead the Canadian men's basketball team to a 109-82 victory over Uruguay in second-round action at the FIBA Americas Championship on Monday.

Canada, which got double-digit points from seven different players, can clinch a spot in the tournament semifinals with a Mexico win over Venezuela later Monday and an Argentina victory over the Dominican Republic on Tuesday.

THE CANADIAN PRESS

Bills add Enemkpali to their practice roster

The Buffalo Bills re-signed linebacker Ikemefuna Enemkpali to their practice squad Monday.

Enemkpali returns to the Bills three days after he was released from the active roster.

Buffalo claimed Enemkpali off waivers Aug. 13, a day after he was cut by the New York Jets for breaking the jaw of quarterback Geno Smith during a locker-room altercation.

THE ASSOCIATED PRESS

Azarenka and Wawrinka into quarters

U.S. OPEN

Grand Slam champs move into familiar territory

Victoria Azarenka and Stan Wawrinka, both two-time Grand Slam champions, make trips to the U.S. Open quarterfinals an annual affair.

Their experience showed Monday against American opponents who don't know how it feels to go that far at a major.

Azarenka, whose ranking is down to 20th after two injury-plagued seasons, is starting to look like the player who took Serena Williams to three sets in the final at Flushing Meadows in 2012 and '13. On Monday, she won 6-3, 6-4 over 46th-ranked American Varvara Lepchenko, who had reached her first U.S. Open round of 16.

"My game was not really a problem. It was just being able to find your rhythm and find the way to apply that game on the certain moments in the tough situations," Azarenka said. "So I think that was more of — I wouldn't say mental, but just more of a consistency."

Wawrinka had a few more tense moments against another American who has never been past the fourth round at a major. Donald Young had come from behind in his three previous matches, twice rallying from down two sets, but Wawrinka's power and poise never gave him much of a chance to do it again no matter how loud the Arthur Ashe Stadium crowd roared.

The fifth-seeded Wawrinka won 6-4, 1-6, 6-3, 6-4, taking control in the final two sets behind his bigger serve.

Young, currently ranked 68th, had upset Wawrinka in five sets in the second round of the 2011 U.S. Open. Wawrinka is a different player now, though, winning the 2014 Australian Open and this year's French Open.

His signature backhand deserted him at times Monday and he smashed a racket after getting broken for the first time in the second set. But he faced just two break points in the final two sets, both coming when he was already up 5-1 in the third.

"I start the third set really right again," Wawrinka said. "I was physically there trying to play again more aggressive the way I start the match."

Wawrinka next faces South Africa's Kevin Anderson after he defeated Andy Murray in four sets. Azarenka will play second-seeded Simona Halep, who had never been to a U.S. Open quarterfinal herself but does know how it feels to play deep into a major, losing the 2014 French Open final.

THE ASSOCIATED PRESS

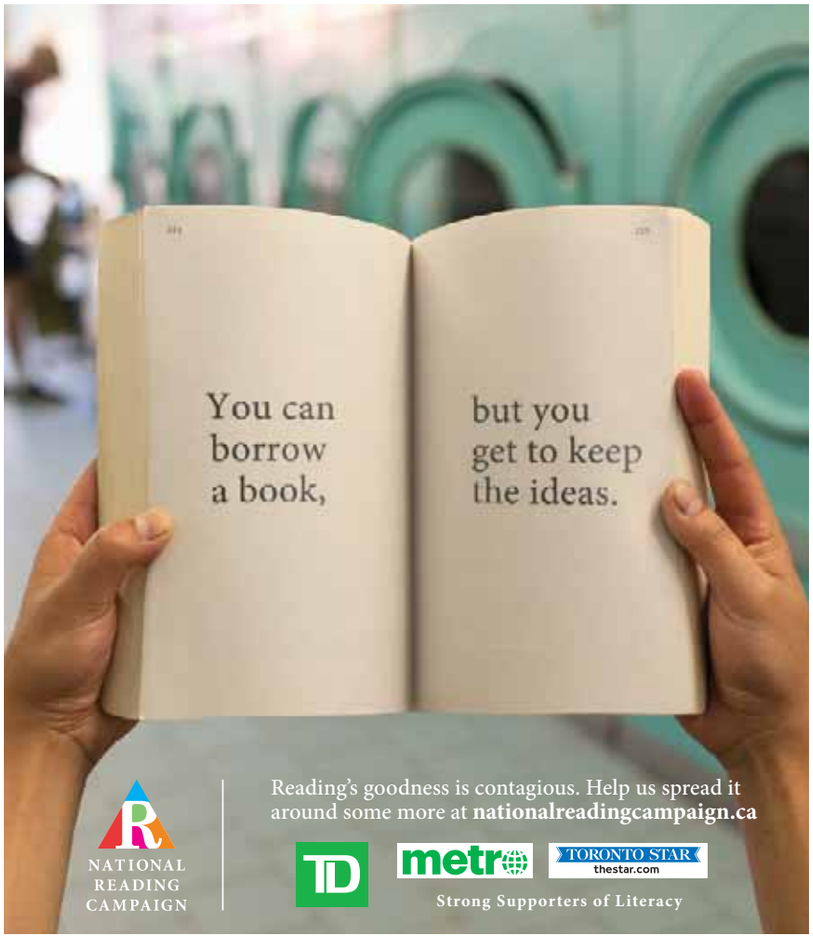
MURRAY OUT

The third-seeded Scot lost before the quarterfinals at a major for the first time since 2010, beaten 7-6 (5), 6-3, 6-7 (2), 7-6 (0) by 15th-seeded Kevin Anderson of South Africa in the fourth round at Flushing Meadows on Monday.

The most anticipated men's match of the day went into the night with a Swiss-American showdown: Roger Federer against John Isner.

THE ASSOCIATED PRESS

Victoria Azarenka beat America's Vavara Lepchenko 6-3 6-4. ELSA/GETTY IMAGES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GOLF

Fowler on the money at Deutsche Bank

Rickie Fowler delivered all the right shots Monday at the Deutsche Bank Championship, and then he delivered some champagne.

He stood near the wood railing overlooking a dozen rows of reporters, hoisting an empty bottle in one hand and a microphone in the other. "Let's finish off the year right," Fowler said.

He certainly showed he is capable after a tense duel with Henrik Stenson at the TPC Boston.

Trailing by three shots early on the back nine, Fowler rolled in a 40-foot putt on the 14th hole to pull within one and then seized control when Stenson hit a towering tee shot that came down short and into the water for double bogey on the par-3 16th.

That combination sent Fowler to another big win. He closed with a 3-under 68 for a one-shot victory that assured him of a spot in the top five at the Tour Championship and a clear shot at the $10-million bonus in the FedEx Cup.

Fowler won The Players Championship in a three-hole playoff in May. He won the Scottish Open with three birdies on the last four holes. "Being in those positions before, I definitely felt very calm out there," he said. "I knew what I was trying to do. Knew what I had to do. And was very much ready to do it."

With the win, Fowler moved to No. 5 in the world rankings.

THE ASSOCIATED PRESS

TOP 5

FedEx Cup standings

1) Jason Day
2) Jordan Spieth
3) Rickie Fowler
4) Henrik Stenson
5) Bubba Watson

IN BRIEF

Spurs' Parker becomes leading European scorer

Tony Parker became the all-time leading scorer in European championship history by leading defending champion France to a 69-66 win over Poland on Monday.

Parker made France's first basket to break the record and finished with a team-high 16 points, scoring his team's final four points.

That gave the San Antonio Spurs guard a total of 1,046 points, 16 more than former Greece star Nikos Galis. THE ASSOCIATED PRESS

Manziel throwing and ready for Browns' opener

Johnny Manziel's elbow is rested and ready for the season opener.

Cleveland's backup quarterback threw passes in practice Monday for the first time since Aug. 23, when a sore right elbow sent him to the sideline and kept him out of the Browns' final two exhibitions.

The second-year QB threw short passes during the 30 minutes of practice open to media members, and coach Mike Pettine said Manziel was able to throw throughout the workout.

THE ASSOCIATED PRESS

Germany, Portugal close in on Euros

Thomas Mueller has eight goals in last five games between Germany and Bayern Munich. SCOTT HEPPELL/THE ASSOCIATED PRESS

2016 QUALIFIERS

World champs, Seleção both a point away from tourney

Germany and Portugal moved closer to European Championship qualification on Monday.

Thomas Mueller scored twice and set up the other for Germany to defeat Scotland 3-2 in Glasgow and move within touching distance of automatic qualification.

Germany are now assured of a playoff place and one point from their remaining two games — Ireland away or Georgia at home — will secure their place in France.

Portugal also needs just one more point after Miguel Veloso scored in injury time to snatch a 1-0 win at Albania.

The top two finishers from the nine groups qualify automatically for Euro 2016. The best third-place team also qualifies and the eight remaining third-place teams go to a playoff to contest the last four qualifying places.

Mueller scored twice in the first half and then set up Ilkay Gundogan for the winner after James McArthur pulled Scotland level again.

Mueller now has five goals in three Bundesliga games for Bayern Munich and three goals in two qualifiers for Germany since the season began.

"I feel good," Mueller said.

THE ASSOCIATED PRESS

AROUND EUROPE ON MONDAY

Group D
Poland 8, Gibraltar 1
Ireland 1, Georgia 0
Germany 3, Scotland 2

Group F
Finland 1, Faroe Islands 0
North. Ireland 1, Hungary 1
Romania 0, Greece 0

Group I
Armenia 0, Denmark 0
Portugal 1, Albania 0

"I never even dreamed this could happen.

Iceland's Aron Gunnarsson whose team qualified for its first-ever major tournament with a 0-0 draw with Kazakhstan on Sunday.

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Ready in
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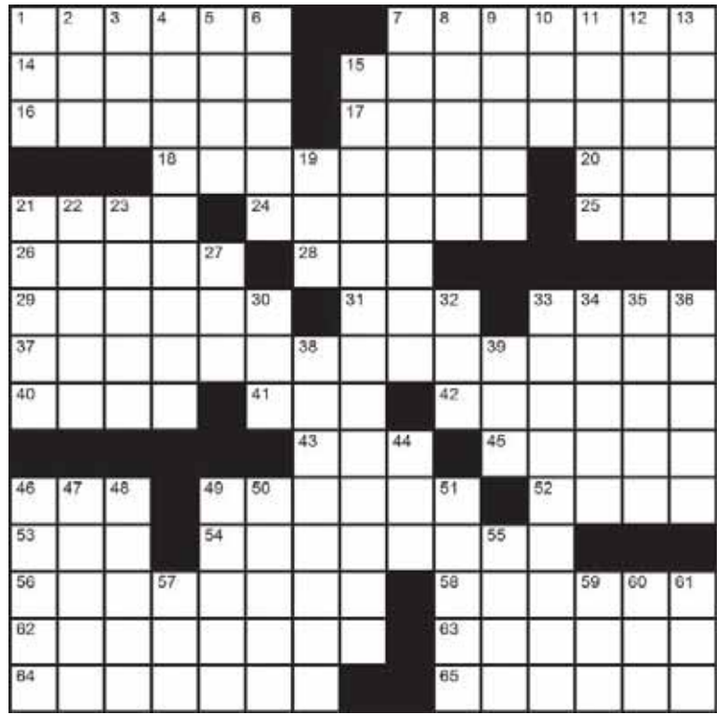
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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4. Constricted
5. Brain wave
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Every row, column and box contains 1-9

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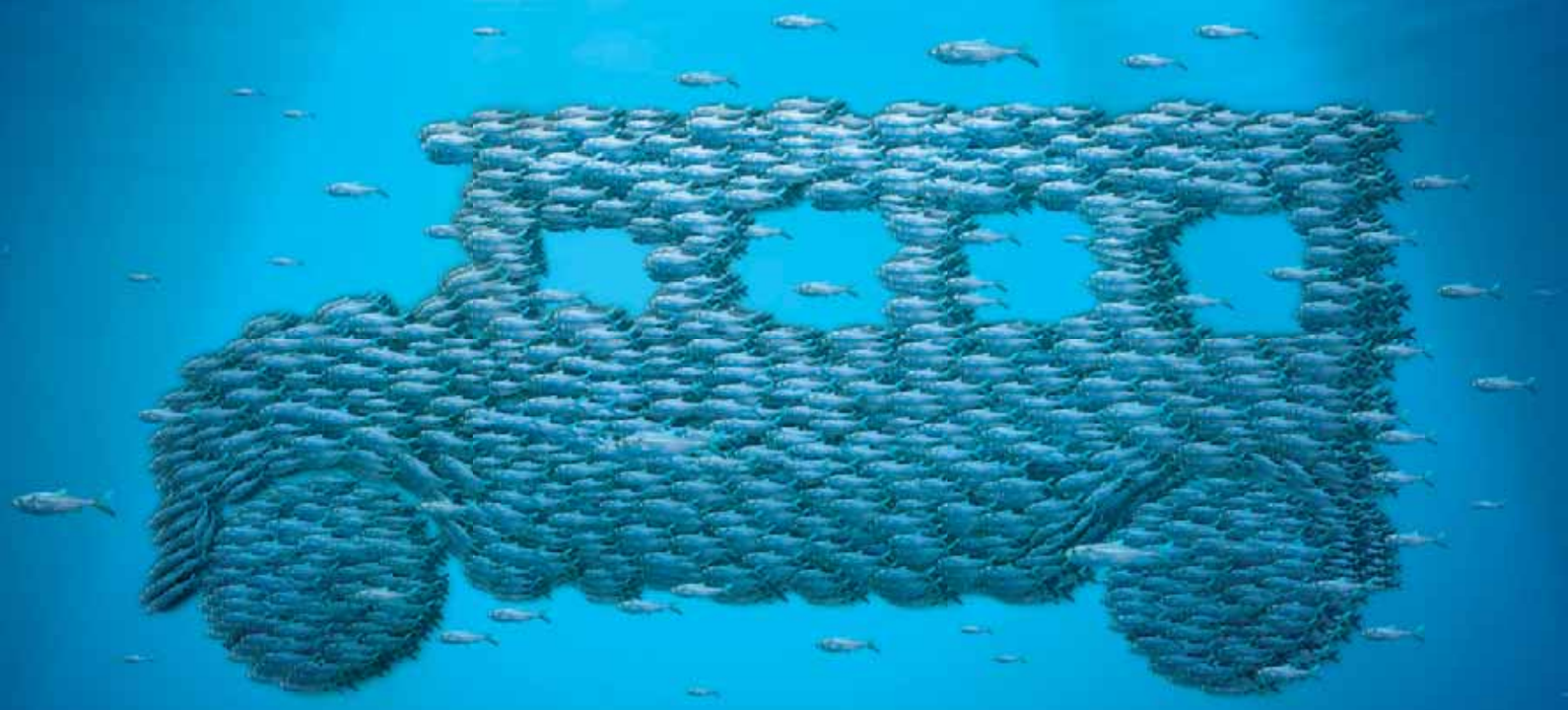

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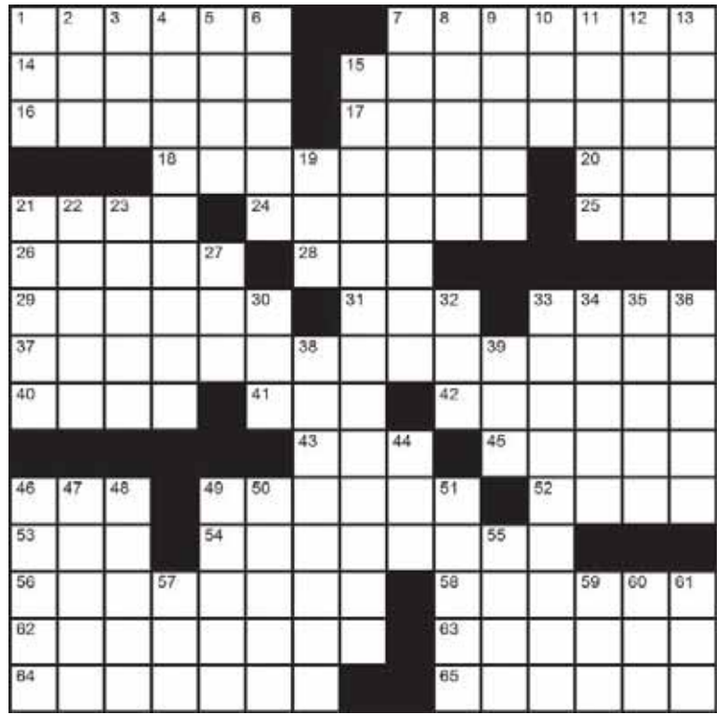

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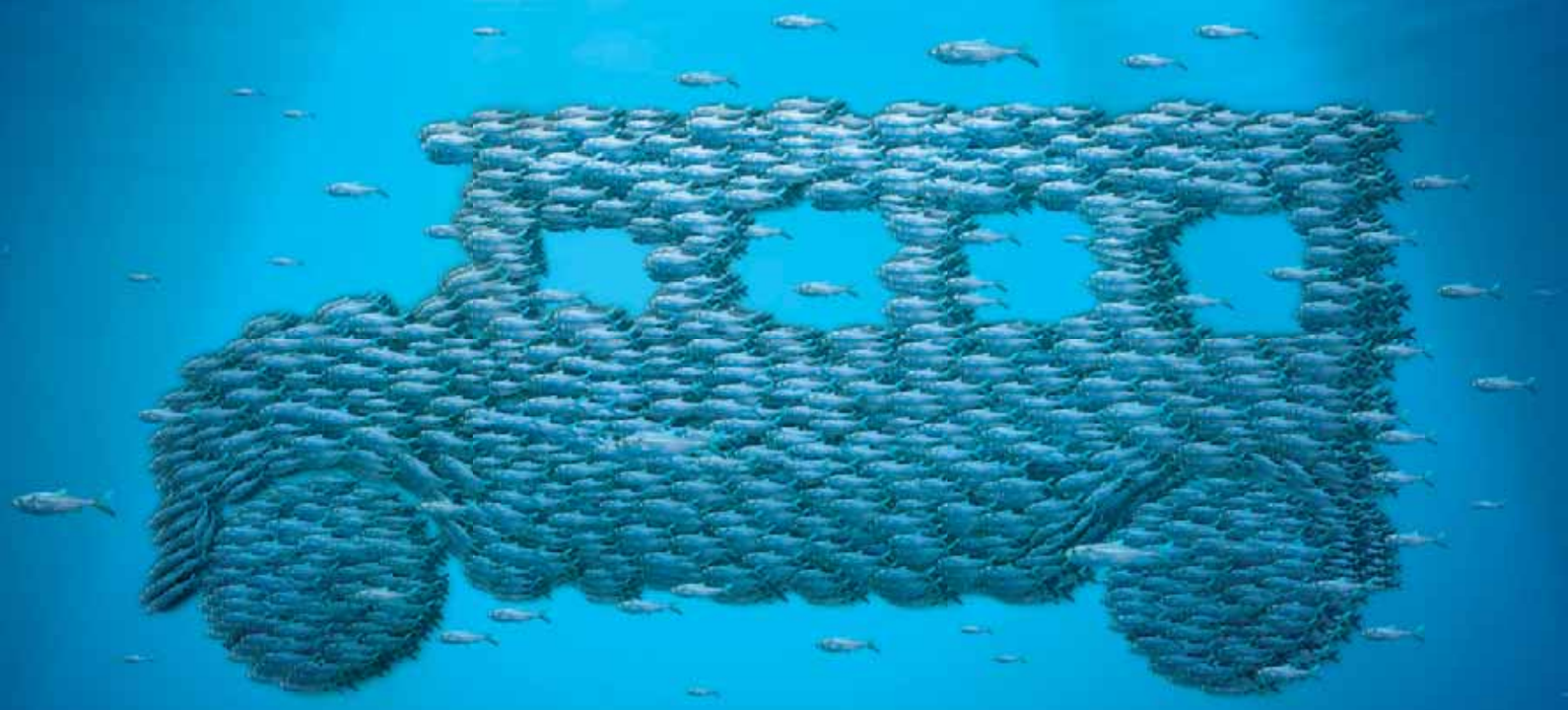
FROM SEPTEMBER 8-27



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